

Temple Gender Affirming Surgery Program

Post-Op Recovery Planning & Caretaking Guide

Post-op recovery planning is one of the most important aspects of surgery planning. Temple Gender Affirming Surgery Program requires that you have at least one caretaker for your acute post-operative period. If possible it is best to have a team of caretakers available to support you after surgery. There are different kinds and levels of support to consider. A support person should be someone you trust, is dependable and that you feel safe and comfortable around.

Caretakers will need to support you psychically and emotionally as you heal from surgery. Caretakers will accompany you to post-op appointments, pick up prescriptions, grocery shop, prepare food, help with laundry, changing linens, simple wound care, getting in and out of bed, getting to the bathroom, getting in and out of the bath/shower, help care for children and pets and more. It is critical that you have ongoing conversations about what support looks like for you post-operatively and ensure that your support person/people are informed and on board. Below are some articles, blogs and resources for preparing for post-op recovery and caretaking.

Caregiving Resources

T4T Caregiving | <https://www.t4tcaregiving.org/>

We are a grassroots collective of trans caregivers and doulas for trans people having gender-affirming surgeries. Together, we have a broad history of direct caregiving experience to suit your needs. As trans people who are all post-op ourselves, we know how important this time is for each of us. We believe in our community. We believe in caring for each other. And we know that no one else understands the trans experience like another trans person. We are trans. We are caregivers. And we want to help! Offers sliding scale for post-op recovery caregiving.

Kaiser Permanente FAQs for Patient and Caregivers

A helpful planner for surgery and post-op care. Please be aware that this organization is not based in Pennsylvania and so not all information is relevant to this area.

<https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/wp-content/uploads/sites/26/2020/11/General-Surgery-FAQs-and-Instructions-for-Patients-and-Caregivers.pdf>

Te Whatu Ora Health New Zealand | Choosing Your Caregiver and Main Support People

A helpful planner for surgery and post-op care. Please be aware that this organization is not based in the USA and so not all information is relevant to this area.

<https://www.tewhatauora.govt.nz/assets/Our-health-system/Preventative-Health/Transgender/Choosing-your-Caregiver-and-Main-Support-People-Gender-Affirming-Genital-Surgery-Mar-2023.pdf>

Autostraddle Article | How to Care for Your Friend Having Gender Affirming Surgery

<https://www.autostraddle.com/how-to-care-for-your-friend-having-gender-affirming-surgery/>

