

Thank you for choosing Virginia Mason Plastic and Reconstructive Surgery. The surgeons at Virginia Mason Plastic and Reconstructive Surgery follow the WPATH Standards of Care to help us in our delivery of transition related care. WPATH is the World Professional Association for Transgender Health, devoted to transgender health services. To learn more about these standards, please visit <http://www.wpath.org/>.

Prior to scheduling a consultation with our surgeons, we require any patient interested in transgender health services, to collect the information listed below to help provide a thorough medical history. This information has been established to help ensure you are fully prepared for surgery and is required by many insurance companies in determining insurance coverage. Your providers may fax those records to our office at (206) 625-7259 if that is more convenient.

- A letter from your behavioral/mental health professional specifying the following information:
 1. Their credentials as a mental health professional
 2. Persistent, well-documented gender dysphoria
 3. Your general identifying characteristics
 4. Results from your psychosocial assessment, including any diagnoses
 5. The duration of your professional relationship with your behavioral health provider, including the type of evaluation and therapy or counseling to date
 6. An explanation stating the criteria for surgery have been met, along with a brief description of the clinical rationale for supporting your request for surgery
 7. A statement indicating informed consent, to share this information with other health care providers, has been obtained from you
 8. A statement ensuring your behavioral health professional is available for coordination of care and welcomes a phone call to establish this relationship with us

- A clearance/referral letter from your medical provider that is accompanying you through transition, indicating that you are prepared for and capable of providing consent for surgery. The letter should include a discussion of any relevant medical history or substance use including nicotine containing products, current medications, specify your body mass index (BMI). If there has been a delay of more than 6 months since your last visit or assessment, please ask for them to include an update on your readiness and physical health and communicate any significant changes the surgical team needs to be aware of.

- If you are taking testosterone, documentation by your provider of when this treatment began.