

Transition-Related Surgeries Program: MY SURGERY TIMELINE Vaginoplasty

Considering Surgery

Exploring surgery options and if surgery is right for you

[Accessing Vaginoplasty in Ontario](#)
[RHO Surgery Summary Sheets](#)
[How can I speak with my care provider about TRS?](#)
[Where can I get free counselling?](#)
[RHO Service Directory \(support groups\)](#)
[Sherbourne Health Information and Social Group](#)

Consult

Meeting with the surgeon(s) to discuss your surgical goals and questions

[Consent for vaginoplasty](#)
[Vaginoplasty Guidebook](#)
[Vaginoplasty Navigation Guide*](#)
[Have a Surgical Consult *](#)

Your surgery

What you need to know for the day of your surgery

[On the day of your surgery*](#)
[Vaginoplasty Guidebook](#)

Life After Surgery

Exploring your new anatomy and receiving long-term care

[Where can I find free counselling?](#)
[RHO Service Directory \(support groups\)](#)
[Sherbourne health Information and Social Groups](#)
[Post-op guide for the first year](#)

Referral for surgery

Meeting with your primary care provider to initiate your referral for surgery

[Who can refer me for TRS?](#)
[What to expect in a surgery planning meeting](#)
[Common readiness assessment questions*](#)
[TRS FAQ](#)

Preparing for Surgery

Getting everything you need in order before your surgery date

[Digital Care Coach](#)
[Buy, Borrow, Do worksheet*](#)
[Self-Care Before Surgery worksheet*](#)
[Supporting Someone Having Surgery*](#)
[The Role of Pelvic Floor Physiotherapy](#)
[Pre-Surgery exercises](#)
[Where can I find post-surgery care?](#)
[Vaginoplasty Guidebook](#)
[Understanding what recovery may look like](#)
[Vaginoplasty Workbook*](#)
[Vaginoplasty Navigation Guide*](#)

Recovery

Post-operative information and recovery supports

[Vaginoplasty Guidebook](#)
[Understanding what recovery may look like](#)
[Vaginoplasty Workbook*](#)
[Vaginoplasty Navigation Guide*](#)
[Dilation Instructions](#)
[Dilation Assistance](#)
[Getting the pelvic floor ready for dilation](#)
[Douching](#)
[Hypergranulation tissue](#)
[Common complications](#)
[Medication schedule](#)
[The Role of Pelvic Floor Physiotherapy](#)
[ILU Abdominal Massage](#)
[Kegels and Stretches](#)
[Self-Care After Surgery worksheet*](#)
[Supporting Someone Having Surgery*](#)
[Where can I find post-surgery care?](#)

Resources with a * beside them are out-of-province resources. These resources may contain information that is not relevant to Ontario patients (ie: referral pathways, surgery funding and resource contact information).

Important contacts: who how and when

Questions about:

The status of your referral: speak with your **primary care provider**
Your surgery plan: **416-323-6148** or **transitionrelatedsurgery@wchospital.ca**
Your surgery date: **416-323-6148** or **transitionrelatedsurgery@wchospital.ca**
Post-op questions: Open your **"My Chart"** account and "Ask a question".

The purpose of this timeline is to help you map out your surgery journey and understand what resources may be helpful to you at each milestone.

This document does not replace the guidance of your surgical team.