Transmale Surgeries: Preoperative and Postoperative Considerations

THE MELTZER CLINIC PC
TOBY R MELTZER MD & ELLIE ZARA LEY MD

Toby R Meltzer, MD
Scottsdale, Arizona
Surgery for Trans Males
20 Years Post-Op
Minimal Incision in Adolescent

ADVANCING EXCELLENCE IN TRANSGENDER HEALTH

12 Years Post-Op
Minimal Incision + Purse String Reduction of areola and skin
Secondary Repair

I did not perform this surgery
Excision with Free Nipple Grafts
Excision with Free Nipple Grafts
Excision with Free Nipple grafts
Excisional Chest Reconstruction
Scar Hypertrophy
Hypertrophic Scars

**Treatment**

- Pressure therapy
- Steroid tapes
- Intralesional Steroid injections
- Intralesional 5FU
- Low dose radiation
Nipple Reconstruction
Chest Surgery continued...

- Preservation of Nipple sensation
  - Irreversibly altered by minimal incision and double incision
  - Button hole approach leaves breast tissue
    - Sensibility can still be altered
Chest Surgery Considerations

- 1 week off work
  - Work may be restricted if physical
- No heavy lifting or lifting above head: 6 weeks (double incision)
  - 10 days for minimal incision
- Pre-operative mammogram or BRICA test--family history of breast cancer
- Compression vest: 2-4 weeks and up to 3 months for minimal incision
Present SOC of Metoidioplasty with Primary Urethral lengthening

- Labial flaps and urethral plate for urethra

- Vaginectomy if urethral lengthening is done
  - Excisional vaginectomy
  - Ablative vaginectomy
Metoidioplasty
Pumping and Metoidioplasty
FTM Lower surgery - Phalloplasty

- Local/regional flaps
  - Groin flap
  - Abdominal tubed flap
  - Anteriolateral thigh flap (ALT)

- Microsurgical flaps
  - Radial forearm (RFF)
  - Latissimus Dorsi
  - Fibular

- Composite flaps
  - Groin/Abd tubed flap and microvascular flap
  - ALT + micro
Groin Flap Phalloplasty

ADVANCING EXCELLENCE IN TRANSGENDER HEALTH
Groin Flap Phalloplasty
Groin Flap and Radial Forearm Flap (Composite Flap)
Radial Forearm Donor Site
Anterior Lateral Thigh Flap
Phalloplasty
Anteriolateral Thigh Flap
Postoperative Recovery for ALT Flap

- Time in town
  - 3 nights in ICU
  - 4 additional nights in the hospital
  - 3 additional weeks in town
- Multi-staged procedure
- Time off from work?
- At home care from wound clinic
Microsurgical Flaps for Penile Reconstruction
Radial Forearm Flap
Microsurgical Radial Forearm Flap
Urethral Lengthening
General Comments

- The longer the urethral graft, the greater the risk of problems

- Post-void dribbling is common
  - Need to strip the urethra after urination

- Be very cautious about catherization
  - Coudet tip catheters
  - Pediatric cystoscope
Electrolysis and Phalloplasty

- Pre-operative hair removal of urethral segment
  - Standard electrolysis
    - approximately 1 year
  - Laser electrolysis
    - not permanent
    - regrowth up to 2 years later

- Post-operative hair removal
  - depilating agents
  - Cystoscopic laser hair removal (diode laser)
Urethral Hair
One Stage vs Two Staged Phalloplasty

- One stage
  - Penis
  - Glansoplasty
  - Urethra—pars fixa and penile
  - Scrotoplasty

- Two staged
  - Stage 1—Pars fixa urethra
  - Stage 2 (3 months later)—Penis, Scrotoplasty, Penile urethra, Neurorrhaphy
  - Glansoplasty?
Stricture

- Presentation
  - diminished stream
  - long emptying times
  - recurrent UTI’s
  - straining to urinate
  - post-void dribbling

- Diagnosis
  - measure the flow rate—15cc/sec is ideal
  - retrograde urethrogram
  - cystoscopy
Retrograde Urethrogram
Scrotoplasty

- Historically implants/expanders Placed into labia majora
  - With or without rotation of flaps
Tissue Expanders
External Ports
Scrotal Expanders
Scrotoplasty

- Historically implants/expanders placed into labia majora
  - With or without rotation of flaps

- Selvaggi or similar technique
  - Anteriorly based labial flap with advancement
  - Perineoplasty
  - Implants or expanders
Selvaggi Scrotoplasty
Selvaggi Scrotoplasty
Inflatable Erectile Device
Malleable Rods
*Salveggi Scrotoplasty and Expanders
Complications of testicular expanders or implants

- Infection
  - Antibiotics early
  - Bartholin’s cyst or abscess
- Erosion of skin
  - Topical antibacterials and other methods of reducing friction
  - Remove some of the fluid in the expander
- Malposition
  - Too high—push down or strap
  - Too low—encourage stretching the opposite side
- Surgical Correction:
  - Extrusion of implant
Erectile Devices

- Similar problems and treatment as with the testicular implants regarding erosion or infection
- Partial inflation with normal activity common
  - Deflate per manufacturer's recommendations
- Mobility of the prosthesis
- Mechanical failure
Just because the patient has a penis, it doesn’t mean that he doesn’t have a vagina, uterus, and/or ovaries.
## Postoperative Recovery for Genital Surgeries

<table>
<thead>
<tr>
<th>Time recommended</th>
<th>Meta w/ Urethral Length</th>
<th>Phallo Flap – ALT</th>
<th>Phallo Flap – Groin</th>
<th>Phallo flap – Radial Arm</th>
</tr>
</thead>
<tbody>
<tr>
<td>In ICU or Equivalent</td>
<td>0</td>
<td>3 nights</td>
<td>3 nights</td>
<td>3 nights</td>
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<tr>
<td>In Hospital</td>
<td>2-3 nights</td>
<td>5-7 additional nights</td>
<td>5-7 additional nights</td>
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<tr>
<td>In Town</td>
<td>2 additional weeks</td>
<td>3-4 additional weeks</td>
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<tr>
<td>Off Work</td>
<td>3-4 weeks</td>
<td>6 weeks – 3 months</td>
<td>6 weeks – 3 months</td>
<td>6 weeks – 3 months</td>
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<tr>
<td>Work Restrictions</td>
<td>1 months</td>
<td>6 months</td>
<td>6 months</td>
<td>6 months</td>
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<tr>
<td>Multi-Stage Procedure</td>
<td>2-3 stages</td>
<td>Minimum 3 stages</td>
<td>Minimum 3 stages</td>
<td>Minimum 3 stages</td>
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<tr>
<td></td>
<td></td>
<td>Could be 3-5</td>
<td>Could be 3-5</td>
<td>Could be 3-5</td>
</tr>
<tr>
<td>Time between stages</td>
<td>3-5 months</td>
<td>3-5 months</td>
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<td>3-5 months</td>
</tr>
<tr>
<td>In Home Care Needs</td>
<td>Phone support</td>
<td>Visiting Nursing or Support Person</td>
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</tr>
<tr>
<td>Anticipated Complications</td>
<td>Extrusion of implants</td>
<td>Flap Healing, Donor Site Healing, Stricture, Fistula</td>
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</tr>
<tr>
<td></td>
<td>Implant Malposition</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Total Time Possible</td>
<td>6 months</td>
<td>2 years</td>
<td>2 years</td>
<td>2 years</td>
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</tbody>
</table>
Non-binary patients and surgery

- Standards of Care?
  - What guidelines should be followed
    - Hormones
    - Diagnosis
    - Living full-time

- Managing Expectations
  - Unique surgical requests
Thank you! Questions?
tmeltzer@themeltzerclinic.com