



So You Want an Orchiectomy!

GOOD NEWS! Most insurances now cover orchiectomies as a necessary treatment for gender dysphoria! This includes OHP!

First, research local surgeons. Dr. Sara Spettel at NW Urology is a good resource.

Make an appointment with a therapist who does assessments for WPATH referral letters for surgery. Check out www.oregontranshealth.com, or contact Brave Space for referrals. You only need one letter to get a surgeon consult; you'll need a second letter from a therapist before your surgery.

You'll need to contact your Primary Care Provider (PCP) to also refer you to your chosen surgeon.

You will have to have successfully completed 12 continuous months of feminizing hormone therapy prior to surgery, unless you plan to keep at least one teste.

While there is no required number of sessions a therapist as to see you for prior to writing a letter, they still may want to individualize your treatment plan to help you prepare for what can be an emotional process.

Your first therapist will provide you with your letter of recommendation to give to the surgeon, or they will fax it to the surgeon, who will get pre-authorization from your insurance company and call you to schedule a consultation. Your second therapist should send their letter or give it to you before the surgery date.

Be prepared to wait, as wait lists for consultations and surgery dates can be long.

* If authorization is denied, do not be discouraged!! Sometimes submitting an appeal is part of the process.



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