

## Transgender Patient Resource List

### Name Change

- [TLDEF - Name Change Project - Transgender Legal Defense And Education Fund, Inc.](#)
- [Change Your Name or Address](#)
- [Pittsburgh LGBT Family Law Attorneys | Same Sex Marriage](#)
- [LGBTQ+ Legal Services Legal Services | Hugh Lane Wellness Foundation](#)

### Gender Marker Change

- [PennDOT - Request for Gender Change on Driver's License/Identification Card](#)
- <https://www.ssa.gov/people/lgbtq/gender-identity.html>

### Birth Certificate Changes

- [Pennsylvania Updates Birth Certificate Gender Change Policy | National Center for Transgender Equality](#)
- [Pennsylvania | National Center for Transgender Equality](#)
- [Summary of State Birth Certificate Gender Change Laws](#)
- [Pennsylvania Vital Documents](#)

### Passport Changes

- [Passports | National Center for Transgender Equality](#)

### Medical Transition Resources

#### A. General Info

- [The Gender Code \(Gender & Sexuality Documentary\)](#)
- [GENDER in English | English Wordlist | Vocabulary | Definitions | Glossary | Gender Explained | Trans](#)
- [Transgender Health Seminars: Trans Feminine Surgeries](#)
- [Transgender Health Seminar: Trans Masculine Surgeries](#)
- [GLAAD Media Reference Guide - Transgender People](#)
- [Gender Affirming Surgery - QueerDoc • Curing LGBTQ+ Healthcare Discrimination](#)
- <https://www.genderconfirmation.com>
- [MoZaic Care](#)
- [A Guide to Accessing Gender Affirming Services](#)
- [Healthy Trans](#)
- [Find a Surgeon for Gender-Affirming Care - TransHealthCare](#)
- [TGNC Health Insurance Resource Guide](#)

#### B. Insurance

- [Health Coverage Guide | National Center for Transgender Equality](#)
- [Insurance Literacy Worksheet](#)

#### C. Consultation

- General- [https://www.amidacareny.org/wp-content/uploads/gas-consult-questions-final\\_202141512031.pdf](https://www.amidacareny.org/wp-content/uploads/gas-consult-questions-final_202141512031.pdf)
- Facial Fem- <https://www.plasticsurgery.org/reconstructive-procedures/facial-feminization-surgery/consultation>
- Facial Masc- <https://www.plasticsurgery.org/reconstructive-procedures/facial-masculinization-surgery/consultation>
- Transfemme Bottom- <https://www.plasticsurgery.org/reconstructive-procedures/transfeminine-bottom-surgery/questions>
- Transmasc Bottom- <https://www.plasticsurgery.org/reconstructive-procedures/transmasculine-bottom-surgery/questions>
- Transfemme Top- <https://www.plasticsurgery.org/reconstructive-procedures/transfeminine-top-surgery/questions>
- Transmasc Top- <https://www.plasticsurgery.org/reconstructive-procedures/transmasculine-bottom-surgery/questions>

#### D. Hormone Replacement Therapy

- [Prescribing for transgender patients](#)
- [Gender Health: Gender Affirming Hormone Therapy | UCLA Health](#)
- [Trans 101 Basics: Masculinizing and Feminizing Hormone Replacement Therapy](#)
- [Transgender Care Conference 2020: Hormone Therapy for Adult Transgender Patients - Minghao Liu, MD](#)

##### Transfemme HRT

- [Introduction to Hormone Therapy - Male to Female transition | LA LGBT Center](#)
- [Feminizing hormone therapy - Mayo Clinic](#)
- [Information on Estrogen Hormone Therapy | Gender Affirming Health Program](#)
- [Feminizing Hormone Therapy: What To Expect & How It Works](#)

##### Transmasc HRT

- [Introduction to Hormone Therapy - Female to Male Transition | LA LGBT Center](#)
- [Masculinizing hormone therapy - Mayo Clinic](#)
- [Information on Testosterone Hormone Therapy | Gender Affirming Health Program](#)
- [Testosterone-Based Gender-Affirming Hormone Therapy: Medications and What to Expect - GoodRx](#)

#### E. Transfemme Top Surgery

- [MTF Breast Augmentation 101 – Everything You Need to Know](#)
- [Top surgery for transgender women and nonbinary people - Mayo Clinic](#)
- [Transgender Breast Augmentation - Michael J. Brown, MD Live Stream](#)

#### F. Transfemme Bottom Surgery

- [Transfeminine Bottom Surgery | American Society of Plastic Surgeons](#)
- [https://www.youtube.com/watch?v=lwEu\\_jwNCq0](https://www.youtube.com/watch?v=lwEu_jwNCq0)

#### G. Transmasc Top Surgery

- [Transmasculine Top Surgery | American Society of Plastic Surgeons](#)
- <https://www.youtube.com/watch?v=9GFYPcmPqFA>

#### H. Transmasc Bottom Surgery

- [Phallo.net](#)
- [Metoidioplasty vs Phalloplasty](#)
- <https://www.youtube.com/watch?v=wobSirLZZqc>

#### I. Nonbinary Top Surgery

- <https://www.topsurgery.net/non-binary-top-surgery.htm>
- <https://www.genderconfirmation.com/non-binary-top-surgery/>
- [Achieving a NONBINARY look with TOP SURGERY](#)

#### J. Nonbinary Bottom Surgery

- [Non-Binary Options For Bottom Surgery](#)
- [Non-Binary Options For Phalloplasty](#)
- [Ask Me Anything: Non-Binary Surgery](#)

#### K. Facial Feminization Surgery

- [Facial Feminization Surgery - Gender Confirmation](#)
- [Techniques, Incisions, & Surgery Options Facial For Feminization Surgery](#)
- [Facial Feminization Surgery | American Society of Plastic Surgeons](#)
- [Facial Feminization Surgery for Gender Affirmation | Justine Lee, MD | UCLAMDChat](#)
- [Facial Feminization Surgery Consult with Dr. Satterwhite](#)
- [Facialteam's Postop Guide Webinar \(Replay\) | Facial Feminization Surgery](#)
- [Facial Feminization](#)
- [Facial Feminization Surgery \(FFS\) - Oakland](#)
- [Facial Feminization Surgery - A Full Guide to FFS \(Gender Confirmation\)](#)
- <https://2pass.clinic/en/ffs/procedures>

L. Facial Masculinization Surgery

- <https://www.genderconfirmation.com/facial-masculinization-surgery/>
- [Facial Masculinization Surgery: What Is It, Procedure & Recovery](#)
- [Facial Masculinization Surgery | American Society of Plastic Surgeons](#)
- [Facial Masculinization Consult with Dr. Satterwhite](#)
- [Male Facial Sculpting | Jawline, Chin, Face Surgery - Dr. Sunil Richardson](#)

M. Vocal Feminization Surgery

- [Voice Feminization Surgery](#)
- [YESON VOICE CENTER - Voice Feminization Surgery](#)
- <https://www.youtube.com/watch?v=mEbE3oI7VdM>
- [Care of the Transgender Voice: Focus on Feminization | UCLA Gender Health](#)
- [Yeson VOICE Center - VFSRAC SURGERY TECHNIQUE IN 3D VIDEO](#)
- [Transgender voice therapy and surgery - Mayo Clinic](#)
- [Voice Feminization Surgery: Transgender Voice Change Surgery](#)
- [Voice Feminization Surgery: Considerations - Your Lessons Now](#)

N. Voice Masculinization Surgery

- <https://www.youtube.com/watch?v=SpYE1LVQGwo>
- <https://www.youtube.com/watch?v=EyVqJDKpptI>
- [https://www.youtube.com/watch?v=sg2vgQ5\\_L6o](https://www.youtube.com/watch?v=sg2vgQ5_L6o)
- [Voice Masculinization, LASER Trans-Gender Voice Surgery, Minimally-Invasive Voice Reassignment Surgery - Haben Practice For Voice and Laryngeal Laser Surgery, PLLC](#)
- [Voice masculinization surgery for FtM transgender - Richard Troy](#)

O. Voice Therapy

- [Gender-Affirming Voice and Communication Change for Transgender and Gender-Diverse People](#)
- [Transgender Voice Therapy - Gender Confirmation](#)
- [Transgender voice training unites the soul and sound | Kevin Dorman | TEDxGreensboro](#)
- [Preview: Introduction to Gender Affirming Voice Therapy](#)

P. Brazilian Butt Lift/Body Contouring

- <https://www.mizukowskiffs.com/portfolio/brazilian-butt-lift/>
- <https://www.youtube.com/watch?v=DCffl4lafjc>
- <https://www.youtube.com/watch?v=LzjDxIX2Fvw>

**BBL Aftercare**

- <https://www.brazilianbuttlift.com/after-the-bbl.html>
- <https://miaaesthetics.com/the-importance-of-compression-after-plastic-surgery/>
- <https://www.northraleighplasticsurgery.com/how-to-maintain-your-brazilian-butt-lift/>
- <https://www.youtube.com/watch?v=oot-4I5h7JU>
- [https://www.youtube.com/watch?v=t\\_QVp05HctI](https://www.youtube.com/watch?v=t_QVp05HctI)

**Fajas**

- [BBL Fajas Colombianas 101: The Ultimate Compression Garment Guide |](#)
- [411 on Fajas – Sizing, When to Wear and Wash, and More](#)
- [Stage 1 Faja/Garment Demo With Inserts](#)
- [How to wear your Faja & Boards after your BBL \(Brazilian Butt Lift\): w/ Catiana | Spectrum Aesthetics](#)

**Lymphatic Drainage**

- [Lymphatic Massage Pittsburgh - Falcone Health & Massage Center](#)
- [FAQ | Pittsburgh Lymphatic Massage](#)
- [Post-op care for liposuction, BBL, & tummy tucks](#)
- [Lymphatic massage after liposuction BBL plastic surgery](#)

#### Q. Hair Grafting

- [MTF Transgender Hair Transplants & Feminization of the Hairline](#)
- [Transgender Hair Transplant - 2pass Clinic](#)
- [What You Need To Know About Transgender Hair Transplants | Treatment Rooms London](#)
- <https://www.youtube.com/watch?v=A69BiXAgLS>
- [Meet Autumn - a Transgender's Hair Restoration Experience with Dr. Gabel](#)
- <https://www.youtube.com/watch?v=u8iQWHjhGGM>
- [FEMALE TRANSGENDER HAIR TRANSPLANT || International Transgender Patient ||The Hair and Shape Clinic](#)

#### R. Psychotherapy

- [Transgender Mental Health Services | Persad Center](#)
- [Guidelines for Psychological Practice With Transgender and Gender Nonconforming People](#)
- [Psychotherapy with Transgender and Gender Nonconforming Clients](#)
- [Psychiatry.org - Gender-Affirming Therapy](#)
- [Affirmative Therapy with Trans and Nonbinary Clients](#)
- [Webinar: Counseling Issues within the Transgender Community](#)
- [Patients & Providers: Tools & Tips for Trans-Positive Collaboration Between Therapists & Clients](#)
- [The Importance of Therapy in Transition, Transgender Therapy](#)
- [The Role of Behavioral Health in Gender Affirming Care | UCLAMDCChat](#)
- ["Affirming Interventions for Transgender and Gender Non-Conforming Individuals", Sarah Falk, MD](#)

#### S. Permanent Hair Removal

- [PROS & CONS About Laser & Electrolysis Hair Removal](#)
- [Meet The Experts- Electrolysis Vs. Laser Hair Removal For Men & Women](#)
- [Electrolysis vs. Laser Hair Removal \[Which is Better?\] | LaserAll](#)

##### Laser Hair Removal

- [Laser hair removal: Overview](#)
- [Laser hair removal - Mayo Clinic](#)
- [What is the best laser for hair removal? Use the one that's right for you](#)
- [Science of Laser Hair Removal in SLOW MOTION](#)
- [Laser Hair Removal - How does it work?](#)
- [Unwanted Hair Removal | UPMC Cosmetic Surgery & Skin Health Center](#)
- [Laser Hair Removal at UPMC](#)

##### Electrolysis

- [Electrolysis: Definition & Treatment](#)
- <https://www.uofmhealth.org/health-library/ty7422>
- [Electrolysis Permanent Hair Removal | How it Works, Methods & Performance — Limoges Beauty](#)
- [Is Electrolysis the Best Hair Removal Method? | The SASS with Susan and Sharzad](#)
- [Ober Yahr Electrolysis](#)

#### T. Sperm Preservation

- [Fertility Preservation Program in Pittsburgh](#)
- [Sperm Cryopreservation - Pittsburgh Cryo Bank](#)
- [Fertility Preservation For Transgender Pediatric Patients | UPMC Physician Resources](#)