



So You Want a Breast Augmentation!

(for trans-femme folk)

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

First, research local surgeons. Several top surgeons in the Portland area offer breast augmentations.

Make an appointment with a therapist who is qualified to do assessments for WPATH referral letters for surgery. Check out www.oregontranshealth.com, or contact Brave Space for referrals.

It is preferred that you have completed 12 months of feminizing hormone therapy prior to surgery, but if you have decided against HRT as an aspect of your medical transition, your provider will need to include an explanation as to why this is not the right treatment for you.

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.

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

Your 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.

After consultation, you'll be scheduled for a pre-op appointment and a surgery date.

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



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