



# THE CENTER FOR GENDER AFFIRMATION



## PHALLOPLASTY

A Guide for New Patients

## Welcome to The Center for Gender Affirmation.

We would like to extend a warm welcome to you. Thank you for choosing The Center for Gender Affirmation as your trusted surgical care provider and entrusting us with your healthcare needs.

Our team is committed to delivering exceptional surgical care with a patient-centered approach. Our goal is to provide you with the highest quality medical services in a compassionate and supportive environment. We understand undergoing surgery can be an overwhelming experience, and we are here to guide you every step of the way.

From your initial consultation to your post-operative care, we are committed to providing you with personalized attention and comprehensive support. We believe in building strong relationships with our patients based on trust, open communication, and mutual respect. We will take the time to listen to your concerns, answer your questions, and involve you in every decision regarding your surgical care. Our dedicated staff will assist you with scheduling, insurance coordination, and any other logistical matters to ensure a smooth and stress-free experience.

Once again, we would like to extend our warmest welcome to you. Thank you for choosing The Center for Gender Affirmation. We are committed to delivering exceptional care and helping you achieve optimal health and quality of life.

*Your Care Team*

## DEDICATED CARE TEAM

# Contact Sheet

Name

Email Address

Phone Number

### Clinical Team



Diana Elfar, LPN  
*for Dr. Alex Xu*

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### Surgical Coordination



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Thank you for choosing The Center for Gender Affirmation. As your medical provider, we want you to feel confident and supported knowing how to reach us when questions or concerns arise.

### Medical Questions

#### **Available 24/7**

For any medical questions at any time, please call our main number listed below. In the event of a medical emergency outside of regular office hours, your call will be redirected.

Main Number: 833-598-2421

### Administrative Questions

#### **Available Monday–Friday 9 a.m.–5 p.m. EST**

For administrative questions, please use the direct numbers listed below to reach the appropriate department.

Appointments (Book • Cancel • Reschedule): 866-266-2577

Billing: 888-915-7392

Support With 'My Patient Visit': 888-915-7596

Surgical Coordination: 888-915-7617

Insurance: 888-915-7984

The Center for Outpatient Surgery: 732-333-8597





## MEET YOUR PHYSICIAN

### Dr. Alex Xu

Reconstructive Urologist  
Advanced Training in Genitourinary Reconstruction

Dr. Alex J. Xu is a reconstructive urologist with advanced training in genitourinary reconstruction. Dr. Xu balances clinical excellence with an empathetic understanding of each patient's personal journey. His approach combines advanced surgical techniques with compassionate, individualized care—ensuring his patients feel heard, respected, and supported throughout their treatment.

Dr. Xu completed his BA in biological sciences at Columbia University and earned his MD at NYU Grossman School of Medicine. He went on to complete his urology residency at NYU Langone Health followed by a specialized fellowship in genitourinary reconstruction at Case Western Reserve University/University Hospitals. His experience is built on a high volume of complex cases, utilizing both robotic and traditional surgical techniques to deliver individualized, high-quality care. Dr. Xu has published extensively in his field, including peer-reviewed articles in leading journals, textbook chapters, and presentations at national meetings. This comprehensive training enables him to offer his patients the most current, evidence-based treatments.

Dr. Xu also treats patients with various urological conditions that can significantly impact quality of life, including urethral and ureteral stricture disease, complex pelvic trauma, erectile dysfunction, and urinary incontinence.

Whether you're beginning to explore your options or ready to take the next step in your care, Dr. Xu is committed to guiding you with expertise, empathy, and comprehensive support.



## MEET YOUR PHYSICIAN

# Dr. Patrick Greaney

Plastic and Reconstructive Surgeon

Dr. Patrick J. Greaney Jr. is a highly experienced, double board certified plastic and general surgeon who has been delivering exceptional care in aesthetic and reconstructive surgery for nearly 15 years. He completed a prestigious microsurgical fellowship at NYU Langone Medical Center's Institute of Reconstructive Plastic Surgery (IRPS) and Bellevue Hospital Center, further refining his expertise in advanced microsurgical techniques, breast reconstruction, and complex reconstructive procedures.

Trained at some of the most renowned institutions in the country—including Thomas Jefferson University Hospital, Montefiore Medical Center/Albert Einstein College of Medicine, and Weill Cornell/NewYork-Presbyterian—he brings a deep breadth of surgical knowledge and technical skill to every case. He was also accepted into a highly competitive six-year combined pre-med and medical program straight out of high school.

Over the course of his career, he has received numerous honors for surgical excellence and his dedication to education, including repeated "Top Doctor" and "Top Cancer Doctor" recognitions across New York, New Jersey, and Pennsylvania and has been named a Castle Connolly Top Doctor for the last 10 years. He has led high-volume reconstructive programs, contributed extensively to clinical research, and mentored the next generation of surgeons. Patients value his attentive, personalized approach and his commitment to achieving natural, confident results through state-of-the-art care.



## MEET YOUR PHYSICIAN

# Dr. Eric Chang

Plastic and Reconstructive Surgeon

Dr. Eric I. Chang is a world-renowned, double board certified plastic and general surgeon who specializes in reconstructive microsurgery and cosmetic surgery.

Dr. Chang was selected for the prestigious accelerated 7-year BA/MD program at Rutgers College, graduating *summa cum laude*. He completed his general surgery residency at Rutgers Medical School and spent two additional years conducting award-winning research in microvascular tissue engineering and stem cell biology at NYU and Stanford University. He subsequently completed a Plastic and Reconstructive Surgery Fellowship at UCLA Medical Center and a Reconstructive Microsurgery Fellowship at MD Anderson Cancer Center. Dr. Chang's dedication to patient care earned him election to the Gold Humanism Honor Society.

Dr. Eric Chang previously served for many years as an Associate Professor in the Division of Plastic and Reconstructive Surgery at Fox Chase Cancer Center in Philadelphia, where he was also Program Director of the Advanced Reconstructive Microsurgery Fellowship. During this time, he treated patients with breast, head and neck cancers, sarcoma, melanoma, and lymphedema.

An invited lecturer at national and international meetings, Dr. Chang has authored multiple book chapters and over 100 peer-reviewed publications. He serves as an editor for leading journals, including *Plastic and Reconstructive Surgery*, *PRS Global Open*, and *Annals of Plastic Surgery*, and has been named a Castle Connolly Top Doctor.



## MEET YOUR PHYSICIAN

# Dr. Santosh Kale

Plastic and Reconstructive Surgeon

Dr. Santosh Kale is a board-certified plastic and reconstructive microsurgeon specializing in breast reconstruction (implant- and tissue-based), aesthetic breast surgery, body contouring, lymphedema, general reconstruction, and gender affirming surgery. He is highly skilled in advanced microsurgical techniques of the breast, extremities, trunk, and head and neck, and as one of the leading experts in the Midwest, treats more than 200 patients annually.

Dr. Kale completed his undergraduate education in Economics and Chemistry at Cornell University, graduating *magna cum laude* and earning Dean's List honors. He went on to attend the University of Illinois for medical and business school, graduating as a James Scholar, where he developed his passion for plastic and reconstructive surgery.

He completed his residency at Washington University in St. Louis and a reconstructive microsurgery fellowship at The Ohio State University, training under Dr. Ergun Kocak and Dr. Pankaj Tiwari. Following his training, Dr. Kale was recruited to Virginia Commonwealth University, where he has held multiple clinical and educational leadership roles, including Associate Professor, Director of Microsurgery, Associate Clerkship Director, and member of the Breast Health Leadership Committee.

Dr. Kale has presented at numerous conferences, authored multiple book chapters and peer-reviewed publications, and has been featured on television discussing the impact of reconstructive microsurgery in breast reconstruction and surgical education.

## YOUR PATIENT JOURNEY WITH

# The Center for Gender Affirmation

1

### Initial Consultation

- Our clinical team will take your medical history, conduct a physical examination (if in person) and order any necessary diagnostic tests. We will also discuss concerns, expectations, and outcomes.
- If you are traveling from out of state, our team will need to conduct a physical assessment prior to surgery. This may not be at your initial appointment but will be required.

2

### Clinical Work Up and Follow Up Appointments

- Hair removal may or may not be required by your surgeon depending on the type of surgery you are having. Your surgeon will discuss a specific plan for you during your initial consult. If hair removal is needed, it may take six to nine months to complete the hair removal process.

3

### Pre-Operative Assessment

- Conduct preoperative tests, such as blood work and imaging studies, to evaluate overall health and suitability for surgery.
- Address any specific concerns or conditions that may impact the surgical procedure.
- Discuss the risks, benefits, and potential complications of the surgery.
- Obtain informed consent.

4

### Surgery Day

- Arrive at the hospital or surgical center at the designated time.
- Complete necessary paperwork and meet with the surgical team.
- Receive anesthesia and undergo the surgical procedure.
- Wake up in the recovery area.

# 5

## Post-Operative Recovery

- Stay in the post-anesthesia care unit (PACU) until you are fully awake, stable, and cleared by the clinical team.
- If your surgery is outpatient, you will continue to be monitored in the recovery area. Once your vital signs, pain level, and mobility meet discharge criteria, you will be released home with post-operative instructions.
- If your procedure requires hospital admission, you will be transferred from the recovery area to an inpatient unit. Nursing staff will closely monitor your vital signs, pain control, urinary function, and overall progress throughout your stay. Discharge will occur once your care team determines you are medically stable and safe to return home.
- Pain and discomfort will be managed with appropriate medications and techniques.

# 6

## Discharge and Post-Discharge Care

- Receive discharge instructions, including medication guidelines, wound care, and activity restrictions at home.
- Communicate any unusual symptoms or complications to the healthcare provider.

# 7

## Follow-Up Care

- Attend scheduled follow-up appointments to monitor recovery progress.
- Receive additional treatment or therapy as needed.
- Address any lingering concerns or questions during follow-up visits.
- Collaborate with the clinical team to ensure a successful recovery.

## RADIAL FOREARM FREE-FLAP PHALLOPLASTY

There are several options when it comes to phalloplasty and which one you choose will depend on your goals, your body type and other factors. Each option can involve three or more separate surgeries, each about 6 months apart.

With radial forearm free-flap phalloplasty (RFF), the penis is created from a flap of skin from your forearm. It is most common to use the non-dominant arm. Of the possible phalloplasty graft sites, the arm has the best sensation.

If you have scars or have had surgery on your arm in the past, RFF may not be for you. Your team will do a simple test during your first appointment to check the blood flow in your arms to make sure you are a good candidate.

RFF requires hair removal to ensure there is no hair in the new urethra, which can cause infections and other issues. Hair removal can take from 6 months up to a year of electrolysis or laser treatments and needs to be completed at least 6 weeks prior to surgery.

This surgery is coordinated with a plastic surgeon. After your consultation with our team, you will be referred to plastic surgery for a consultation.

### Stage 1

During the first stage of RFF, a large flap of skin is cut from the arm along with nerves and blood vessels. A small strip of the flap is rolled into a tube to make a urethra. The rest of the flap is wrapped around the urethra to form the penis.

The new penis is then attached to your pubic area, just above the clitoris. The blood vessels and nerves from your arm are connected to vessels and nerves in your groin to ensure there is good blood flow and sensation.

The donor site on your arm can be covered by a thin skin graft from the thigh or you may opt for an artificial graft followed by a skin graft 4-6 weeks later. Your team can help you decide which approach makes the most sense for you.

### After Surgery

You can expect to stay in the hospital for 5-7 days. You will have a drainage tube in your pubic area to drain blood and other fluids. The drain will usually be removed before you go home.

You will also have a wound vac (a device that promotes healing) attached to the wound on your arm. The wound vac will stay in place from 5 days to 2 weeks, depending on whether you have an artificial skin graft or a graft of your own skin.

An occupational and/or physical therapist will see you in the hospital to show you exercises for your hand and provide a splint.

Your penis will need to be kept propped up with gauze at a downward 45-degree angle to minimize swelling. You will need to keep it propped for approximately 8 weeks after surgery.

Your stitches will dissolve on their own. It can take several months for some stitches to fully dissolve.

### Additional Surgeries

Depending on your goals, these may include the following:

#### Stage 2

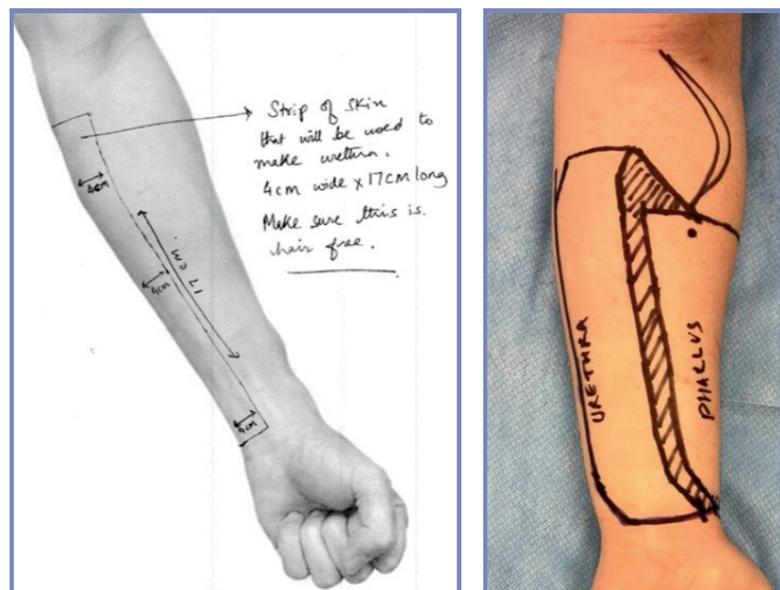
Connecting your existing urethra to the new urethra so you can urinate from the tip of the penis. A urine drain called a suprapubic tube is in place while the urethra heals.

- Creating a penile glans, or head.
- Placing the clitoris under the base of the penis.
- Closing the vagina.
- Creating the scrotum from the outer lips of the vagina or labia majora.
- Requires an overnight stay in the hospital.

#### Stage 3

Penile and testicular implants.

- This is an outpatient procedure.



## ANTEROLATERAL THIGH PHALLOPLASTY

There are several options when it comes to phalloplasty and which one you choose will depend on your goals, your body type, and other factors. Each option can involve three or more separate surgeries, each about 6 months apart.

Anterolateral thigh (ALT) phalloplasty creates the penis from a thick layer of skin from the front of the thigh. It is most appropriate for very thin individuals, otherwise the graft is too thick to have a good blood supply and has a high risk of failing.

If you want to know if ALT might work for you, try the "pinch test". With your leg stretched out and muscles flexed, pinch the skin over the large muscle on the outer edge of your thigh. If you can get a full pinch of skin, then ALT may be an option.

This surgery is coordinated with a plastic surgeon. After your consultation with our team, you will be referred to plastic surgery for a consultation.

### Stage 1

In the first stage of ALT, a large flap of skin is cut from the thigh while remaining attached to its blood supply. The flap is then rolled and stitched together to form the penis. The new penis is then attached to your pubic area, just above the clitoris. A thinner layer of skin from the opposite leg is used to help fill in the wound on the donor site.

### After Surgery

You can expect to stay in the hospital for 5-7 days. If you live more than two hours away, we require you to stay locally for at least 2 weeks after surgery or longer if needed.

You will likely have a drainage tube in your penis to drain blood and other fluids. The drain will usually be removed before you leave the hospital.

You will also have a wound vac (a device that promotes blood flow) attached to the wound on your thigh for about 5-6 days and will be removed before you leave the hospital. Your other leg will have a dressing covered with gauze and a compression bandage.

Your penis will need to be kept propped with gauze at a downward 45-degree angle to minimize swelling. You'll need to keep it propped for approximately 2 months after surgery.

All stitches will dissolve on their own. It can take up to several months for some stitches to fully dissolve.

## Additional Surgeries

Depending on your goals, these may include the following:

### Stage 2A

Creating a urethra, usually using a thin strip of skin from your arm. This requires 5 days in the hospital. Other options for urethra formation are available. These can be discussed during your consultation and following stage one.

### Stage 2B

Connecting your existing urethra to the new urethra so you can urinate from the tip of the penis. A urine drain called suprapubic tube is in place while the urethral hookup heals.

- Creating a penile glans, or head.
- Placing the clitoris under the base of the penis.
- Closing the vagina.
- Creating the scrotum from the outer lips of the vagina or labia majora.
- Requires an overnight stay in the hospital.

### Stage 3

Penile and testicular implants.

- This is an outpatient procedure.

## ABDOMINAL PHALLOPLASTY

There are several options when it comes to phalloplasty and which one you choose will depend on your goals, your body type and other factors. Each option can involve three or more separate surgeries, each about 6 months apart.

Abdominal phalloplasty does not require hair removal and scarring is mostly limited to the lower abdomen. If you already have scars on your abdomen or have had other abdominal surgeries, this type of phalloplasty may not be for you.

### Stage 1

In the first stage of surgery, a penis is created from the skin and fat in the lower abdomen. A flap is cut on three sides while the fourth side stays connected right above the pubic area.

A special test is done during surgery to make sure there is a good blood supply to the area before stitching together the penis. If the blood flow is not adequate, your surgeon may decide to do a delayed flap.

If you need a delayed flap, your surgeon will sew the flap back in place. The other steps in the surgery will then be delayed for 6 weeks, allowing your body to develop better blood flow to the area.

The abdominal flap does not have its own supply of nerves. Clitoral nerves can be connected in a later surgery for erogenous sensation.

### After Surgery

You can expect to stay in the hospital for 5-7 days after stage 1. You will have a drainage tube in your lower abdomen to help drain blood and other fluids. This is usually removed before you leave the hospital.

Your penis will need to be kept propped up at an upward 45-degree angle to prevent stress on the stitches and minimize swelling while it heals. You will need to keep it propped up for approximately 8 weeks after surgery.

All your stitches will dissolve on their own. It can take several months for some stitches to fully dissolve.

## Additional Surgeries

Depending on your goals, these may include the following:

### Stage 2A

Creating a urethra, usually using a thin strip of skin from your arm. This requires 5 days in the hospital.

Other options for urethra formation are available. These can be discussed during your consultation and following stage one.

If you opt to use urethral lining other than the arm (for example, from the thigh), the penis is opened and left open while the skin of your new urethra heals, before closing it up about 4 months later.

### Stage 2B

Connecting the existing urethra to the new urethra so you can urinate from the tip of the penis. A urine drain called a suprapubic tube is in place while the urethral hookup heals.

- Creating a penile glans, or head.
- Placing the clitoris under the base of the penis and connecting nerves for erogenous sensation.
- Closing the vagina.
- Creating the scrotum from the outer lips of the vagina or labia majora.
- Requires an overnight hospital stay.

### Stage 3

Penile and testicular implants.

- This is an outpatient procedure.



## IMPORTANT INFORMATION REGARDING PRE-SURGERY

# Testing and Clearances

In preparation for surgery, your physician will order tests and clearances to ensure your safety and improve your recovery. Your nurse will email or mail your pre- and post-operative instructions to you. You will receive scripts for any testing, such as labs, and be advised of any medical clearances and/or additional evaluations you may need.

### 01 [Who should I go to for medical testing and clearance?](#)

Schedule an appointment with your primary care provider. You may also need to see a specialist if requested by the surgical team.

### 02 [When are pre-admission testing and clearances due?](#)

All pre-admission testing and clearances need to be received two weeks prior to your surgery date. Failure to submit documentation of testing and clearances may result in the rescheduling of your surgery.

### 03 [Why do I need to have pre-admission testing submitted to the clinical team two weeks prior to surgery?](#)

This allows your physician to review all reports and ensure surgery can proceed. Sometimes, additional testing needs to be completed and this ensures time to do so without having to move your surgery.

### 04 [When should I go for medical clearance?](#)

Pre-admission clearances, such as cardiology, expire 30 days from your appointment date. Please schedule your appointments within the 30-day window prior to surgery.

## POST-OP CARE SUPPLIES

Below is a list of essential supplies for post-op care. Some items should be brought to the hospital, some are typically provided at discharge, and others are helpful to buy ahead of time for home.

### Bring These Items to the Hospital

- Protective Sleeve – for your arm if you are having an RFF
- Waffle or Donut Pillow – to make sitting less uncomfortable
- Hard Candy – to help with dry mouth

### Hospital "To-Go" Bag (to be provided to you at discharge)

*This is a sample list. The exact contents depend on the surgery.*

- Hand Mirror – so you can thoroughly inspect the whole area
- Mesh Underwear – comfortable option for packing & propping
- Elastic Bandage Wrap – to secure your dressings
- Gauze Rolls – for protecting and propping
- Xeroform – medicated dressing to protect your wounds
- Disposable Under Pads – absorbent pads

### Buy Ahead of Time and Have Ready at Home

- Washable Under Pads – an alternative to disposable
- Heating Pad – to help with achiness and relaxation
- Cold Pack – to help with inflammation and swelling
- Handheld Shower Head – for rinsing and hygiene
- Blow Dryer – to gently and thoroughly dry the pelvic area
- Vibrator – sensation for nerve remapping

### May Need Eventually (Do Not Buy Ahead of Time)

- Vashe Wound Solution – wound cleanser
- Aquaphor – for wounds and scar tissue massage
- Manuka Honey – an alternative to antibiotic ointment
- Scar Tissue Rehab – when your incisions are healed
- Alginate Wound Dressing – medicated dressing to protect your wounds
- Separatec Underwear – a potential alternative to mesh underwear

*As you progress through your recovery and surgeries, there will be other medical supplies you will need to purchase. Save all usable supplies until you have completely healed from your final surgery.*

# NERVE REHAB GUIDE

## Phalloplasty Neurosensory Re-Education Protocol

*Language: You may use your own words to describe your genitals. In this guide, we refer to the phallus as the penis and the clitoris/t-dick as the natal erogenous tissue.*

### What Is Nerve Rehab?

Nerve rehab (neurosensory re-education) is a set of exercises that can help improve sensation in your penis after phalloplasty surgery. During surgery, your surgeon connects the nerves in your penis to nerves in your groin and genital region that are still connected to your brain, a process called sensory nerve transfer. After a nerve is transferred, nerve rehab helps retrain your brain to feel more sensitivity to touch and sexual stimulation.

A surgeon with extensive experience in phalloplasty and nerve transfer surgery created this guide to help your penis sensation reach its full potential. The protocol draws on the combined expertise of therapists experienced in nerve rehabilitation, sensory re-education and pelvic floor physiotherapy, and sex therapy, as well as persons with lived phalloplasty experience.

### Is Nerve Rehab Important?

The goal of nerve rehab is to help you get as much enjoyment and satisfaction as possible out of the sensation in your penis.

We believe nerve rehab can benefit everyone, but we understand everyone has different goals and priorities for surgery. Sensation may not be a key focus or consideration for you, and your participation is entirely voluntary. Many phalloplasty patients recovered good sensation before this protocol was available.

Don't feel guilty if you choose not to do these exercises. Any additional use of or engagement with your penis is a positive thing. Your motivation, time and resources may change over time. You can start or end at any time and adjust your use to your own comfort level. This guide is an extra tool, and we hope it will be helpful to you no matter where you are on your phalloplasty path.

### Before Surgery

**Focus on your health** by exercising, eating nutritious food and not smoking.

- Exercise makes every cell in your body healthier and helps your nerves regenerate after surgery. Before surgery, try to do 20–30 minutes of aerobic exercise five times a week. After surgery, you can return to aerobic exercise after you are cleared by your surgeon.
- If you need more information and support for healthy eating, exercise or stopping tobacco, please ask. We will give you the help you need.

**Visualization:** Imagine what your penis will look and feel like. This visualization can help prepare your brain and nervous system for nerve recovery and integrate it into your brain's image of your body.

- For a few minutes three times a day, think about what your penis will look like. You can use photos with a packing device in place if you find this helpful.
- It will help if there are no distractions so you can focus only on this activity.
- Although you may have done visualization work in the past, it is important to picture what your penis will look like after phalloplasty. Try to not picture a natal penis.
- Begin by imagining simple things, such as what your penis will look like in pants, in underwear, and without clothing.
- Visualize standing and holding your penis in a urinating position, if you are pursuing urethral lengthening.
- Visualize holding your penis while lying down.

## After Surgery: Stage 1

### Starting Day 1

Start these exercises on the first day after the first stage of your surgery.

**Visualization:** Continue the work described above.

**Touch:** Use your sense of touch to make your penis part of your self-image and help it be represented in your brain.

- Incorporate touch into your routine.
- While in the hospital at flap checks, try to hold your penis around the time of massage.
- Once out of the hospital and in the "penis cloud," continue touching and holding your penis during dressing changes and wound care.
- Look at your penis when you touch it.

### Four Weeks After Surgery

Begin these exercises after your penile and perineal surgical sites are healed and your sutures have been removed. By this time, you are likely to start coming out of the supportive cloud dressing.

Continue them until your Stage 2 surgery. Connecting with the penis between Stage 1 and 2 is important for maximal future sensory development. Touching, looking at, and using your penis will help it be represented in your brain, helping you experience more sensation as your nerves recover.

**Visualization:** Continue the work you did before and add dynamic visualization. You can start to visualize:

- Urinating from the tip of the penis when you are urinating from your natal urethra (with urethral lengthening).
- Masturbating and sexually stimulating the penis.
- If you want to use your penis for penetrative intercourse in the future, start visualizing it. This is also helpful if you plan to have erectile device placement in the future (stage 3 surgery).

**Touch:** After your penis is out of its supportive cloud dressing, you can routinely:

- Touch your penis during showering and hygiene activities.
- Gently adjust the position of your penis in underwear and clothing throughout the day.

**Sensory Stimulation:** Perform these targeted sensation exercises at least once per day.

- Light touch: Very lightly stroke your penis. You can use your fingertips, a Q-tip, cotton ball, or tissue.
- Textures: Try a variety of fabrics with different textures. For soft textures, try facial tissue, satin, silk, flannel, velvet. For rough textures, use a washcloth, dish towel, paper towel, polyester, or loofa sponge.
- Look at your penis during these exercises. If you find this dysphoric, it is also okay to perform these exercises in the dark. However, visual input is helpful, if possible.
- As sensation starts to enter your penis from the nerve repairs, you should use and touch your penis more often. This will reinforce the developing sensation in your penis.
- If you are starting to develop hypersensitivity, spending more time using rough textures can be helpful to desensitize hypersensitive areas. This should not be painful.

### Dysphoria Support

We understand dysphoria can still be very present at this stage, and you may feel like you're in between stages or not yet done. Doing these exercises may help you feel like you are making progress and connecting more with your penis. We are here to support you. If you would like assistance with these feelings, please contact your care team by sending us a message on MyChart. We can connect you to our Transgender Health Program psychologist, as well as a team member with lived phalloplasty experience who has used this protocol for additional support.

**Sexual Mirroring:** This method helps you develop sexual sensation in your penis that is separate from the sensation from the natal erogenous tissue.

- The first step is stimulating your penis and the natal erogenous tissue at the same time.
- Watch your penis as it is stimulated, even though you are not yet likely to feel much sensation in your penis.
- It is helpful for you to only see your penis being stimulated and not the natal erectile tissue being touched. This way your brain will associate the sexual pleasure with penile touch as well.
- For 4 to 12 weeks after surgery, these exercises are best done individually while your tissues are still healing. Touch your penis in a sexual manner (light masturbatory movement) while simultaneously stimulating the natal erectile tissue. This can be done using a vibrator tool or your own hand.
- After 12 weeks, when your tissue has healed, you can do these exercises with a partner. With your consent, a partner can stimulate the natal erectile tissue while you touch your penis, or a partner can do both penile and natal erectile stimulation. Use manual, oral, or vibratory stimulations as you please.
- Have **FUN!**

*Note: If you had a one-stage phalloplasty or a conversion from a metoidioplasty to phalloplasty, then your natal erogenous tissue may already be buried. If so, then you can start the sexual mirroring exercises described in the Phase 3 section below.*

## Stage 2

You can start these exercises about four weeks after your Stage 2 surgery, which is often five to six months after Stage 1 surgery.

**Visualization:** Continue your Stage 1 work.

**Touch and Sensory Stimulation:** Perform these targeted sensation exercises at least once per day, after you are well healed from glansplasty.

- **Low frequency vibration:** Use a hand-held vibration device to apply low frequency vibration to your penis. Focus on the areas where sensation is present and developing.
- **Light touch:** Lightly stroke the penis with Q-tip or cotton tip, etc.
- **Textures:** Use different textures.
  - **Soft textures:** facial tissue, satin, silk, flannel, velvet.
  - **Rough textures:** washcloth, dish towel, paper towel, polyester, loofa sponge.
- **Temperature sensation:** Use warm and cold towels to feel different temperature sensations applied to the penis.

- Deep pressure: Apply deep pressure with a smooth but firm object. Ideally the object should have a small surface area. For example, use your finger, a Q tip, a rounded pen cap, a rounded handle of a spoon etc.

### Sexual Mirroring

- Continue the exercises from Stage 2. Do them individually at first. You can introduce a partner after 12 weeks of healing.
- Depending on the type of phalloplasty you had, your natal erectile tissue may have been buried at Stage 2. If the tissue was not buried, then the sexual mirroring exercises can continue as above.
- If buried, then find the new location of the buried erogenous tissue.
- Touch the penis in a sexually stimulating manner through a masturbatory movement.
- Simultaneously stimulate the buried natal erectile tissue manually or with the use of a vibration device or other type of stimulation that is pleasurable.
- Work to achieve orgasm during penile stimulation with less and less stimulation to the buried tissue, if this is something that you desire for yourself.

### Stage 3

This phase of sensory re-education is for those who chose to have Stage 3 surgery and have an erectile device placed. Begin these exercises six to eight weeks after the Stage 3 surgery. With an erectile device, the goal can be to experience pleasure and erogenous feelings through penetrative sexual activities.

**Visualization:** Continue as above. Focus more on visualization exercises that involve an erection and penetrative activities.

**Touch:** Continue the exercises from Stage 2 starting six weeks after your surgery, when you are well healed.

- If an inflatable device was placed, it is time to start cycling the device. Follow the directions of your urology team.

**Sexual Mirroring:** Continue the exercises from Stage 2 until ready to begin device inflation. Once you can cycle the erectile device, stimulate your penis with the erectile device inflated.

- These exercises can be done individually or with partner assistance.
- Once cleared by your urology team, sexual penetration can begin. This is typically three months after placement of the device.

## Conclusion

There is no set end point or conclusion to this protocol. Ultimately, it should serve as a road map to help you navigate and explore your new anatomy and maximize your pleasure from penile sensation. Your journey is unique, and this guide is a tool to assist you in your own self exploration. We are always receptive and open to feedback to help us improve it. Your insight about your personal experience is appreciated. Please feel free to give us any feedback during your visits with our team.

## ADVICE FROM FORMER PHALLOPLASTY PATIENTS

### Preparing for Your Surgical Stay and Early Recovery

#### What to Expect

Former patients consistently describe phalloplasty recovery as:

*"Longer, more intense, and more difficult than any surgery I'd had before."*

This doesn't mean you made the wrong decision—just that you'll need to plan for a slower, more limited recovery than you might be used to. Expect:

- A lot of rest and downtime
- Limited mobility for several weeks
- Days when you feel emotionally or physically "wiped out"

That's all normal for this surgery.

#### Pack Light: You Won't Need Much

Although you'll be away for a few weeks (if you're traveling), you won't need a full suitcase of outfits:

- ~1 week in the hospital
- ~4 weeks in acute recovery, spending most of the time resting, elevating, and ventilating

Heavy packing is strongly discouraged. You'll change clothes less often than usual and won't be in typical pants or underwear for much of this time.

#### Recommended Clothing

Bring only a few comfortable basics you can wash and re-wear:

- 2–3 loose shirts
- 2–3 loose-fitting shorts
- 1 pair loose-fitting pants
- 1 hoodie
- Socks & comfortable slip-on shoes
- Several hand towels (to use as washable bolsters for phallus elevation)

Many patients find they do not wear most of what they originally packed.

## What You'll Wear After Surgery

In the early weeks, your main job is healing, not getting dressed up.

- You will **not** be in regular underwear or fitted pants at first.
- The hospital will give you mesh underwear (unfortunately often sold online as "postpartum mesh underwear").
- Mesh underwear is usually worn only on postop days when instructed.
- At home, it's ideal to be **pants-free** while resting so you can elevate the phallus and scrotum.
- Loose boxer briefs may be okay around 1–2 weeks postop, if your team says it's safe.
- Regular underwear generally shouldn't be worn until at least 4 weeks after hospital discharge.

Focus on a few easy-to-wash pieces rather than many outfits.

## Extra Things Former Patients Recommend Bringing

From community checklists and patient blogs, people often find [these](#) surprisingly helpful.

### For Comfort and Positioning

- Extra pillows (especially a wedge or firm pillow to prop yourself up)
- Waterproof bed pads/puppy pads or dark-colored towels to protect bedding
- A neck pillow for sleeping more upright
- A gel or memory-foam cushion if you'll be sitting up

### For Showering and Hygiene

- Handheld shower head (if possible)
- Waterproof arm cover (for forearm donor site)
- Long-handled sponge if reaching is difficult
- Hand mirror to check incisions and the perineum

### For Bed/Couch Setup

- A lap desk or bed tray (keeps laptop, snacks, and supplies off your abdomen/groin and away from pets)
- Long charging cables (8–10 ft) so devices reach the bed comfortably
- Safety pins or clips to secure cables to your bedding so they don't fall
- A small fan if you tend to overheat

## Comfort Items Patients Recommend

You'll spend a lot of time resting, so bring items that help pass the time comfortably.

- A laptop or tablet
- A gaming console
- Lightweight entertainment options

## Helpful Small Supplies

- Thermometer to monitor for fevers
- Back scratcher or grabber/reacher tool so you don't have to twist
- Dark sheets and towels, plus hydrogen peroxide or other stain remover for blood
- Stool softeners (e.g., Colace, MiraLAX) if your surgeon approves
- A measuring container if you're asked to track urine volume during voiding trials
- Water bottle you actually like using—staying hydrated is crucial

Always follow your own surgeon's instructions for medications and wound-care products.

## Set Up Your Home Before Surgery

Patients repeatedly say that preparing your space ahead of time makes recovery smoother. View a helpful guide [here](#).

Consider:

- Clear pathways from bed to bathroom—remove clutter, rugs you might trip over, or tight corners.
- Set up a "recovery nest" (bed or recliner) with:
  - Pillows and bolsters for phallus elevation
  - Bedside table or tray with meds, water, snacks, phone, charger, remote, etc.
- Stock easy foods:
  - Simple meals and snacks that are high in protein and fiber
  - Pre-made or frozen meals so you don't have to cook
  - Plenty of fluids (water, electrolyte drinks, tea)
- Protect soft surfaces:
  - Waterproof mattress cover and pads on your bed or favorite chair
- Light and bathroom access:
  - Night lights for safe trips to the bathroom
  - A small trash can and wipes near the bed

Think of it as building a "recovery station" where almost everything you might need is within arm's reach.

## Emotional Recovery and Mental Health

Social media posts and articles from post-op patients describe a wide range of emotional experiences after phalloplasty—even when the surgery itself is very wanted. You can read one example [here](#).

Common themes:

- Feeling overwhelmed, tearful, or low during the first few weeks
- A sense of “let-down” after finally reaching a long-awaited goal
- Frustration with slow progress, pain, or complications
- Worry about what is “normal” and what isn’t

These feelings are very common after major surgery and a big life change. What can help:

- Plan regular check-ins with a trusted friend, partner, or family member.
- Line up virtual or in-person therapy ahead of time, if you have access.
- Stay connected to online community spaces (forums, Discord, subreddits, etc.) where others have gone through phalloplasty and can normalize what you’re feeling.
- Remember: recovery is not a straight line; good and bad days are expected.

If you notice persistent depression, hopelessness, or thoughts of self-harm, reach out to your surgeon, primary care provider, or mental health professional right away, and seek urgent help if needed.

## Caregivers and Support People

Many guides emphasize how important it is to have at least some help—especially in the first 1–2 weeks at home. Your support person can:

- Drive you to and from appointments
- Help with meals, laundry, and basic household tasks
- Keep an eye out for changes in color, swelling, or temperature you might not notice
- Help you track medications, fluids, and bowel movements
- Provide emotional support on difficult days

If you have pets or kids, try to arrange extra help so you can rest and move carefully without being climbed on, jumped on, or heavily relied on in the first weeks.

## Planning Your Trip Home

When you travel back home, you will likely still:

- Get tired very easily
- Have limited mobility
- Need to avoid pressure on the phallus and scrotum

Pack and plan for that day in particular:

- Wear very loose pants or shorts (if any)
- Bring a pillow or cushion to sit on
- Take your medications as prescribed
- Use compression socks if flying, if your team recommends them
  - A full checklist can be found [here](#)

## References and Patient Resources

1. Center for Gender Surgery. (2022). Phalloplasty postoperative guide: What to expect after surgery. Boston Children's Hospital. <https://www.childrenshospital.org/programs/gender-surgery>
2. Cleveland Clinic. (2023). Gender-affirming genital surgery: Recovery overview. <https://my.clevelandclinic.org/health/articles/22160-gender-affirming-surgery-recovery>
3. Gender Confirmation Center. (2023). Post-operative care instructions for phalloplasty and genital reconstruction. <https://www.genderconfirmation.com>
4. Johnson, T. (2021). My first months after phalloplasty: A patient's recovery experience. FTM Community Blog. <https://www.ftmcommunityblog.org/phalloplasty-recovery>
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7. Phallo.net. (2022). Phalloplasty resource center: Patient packing lists, recovery tips, and lived-experience insights. <https://www.phallo.net>
8. Reddit Contributors. (2023). Post-operative phalloplasty recovery experiences [Online forum posts]. Reddit r/FTMMen and r/TransSurgeries. <https://www.reddit.com>
9. Transbucket Contributors. (2020–2024). Phalloplasty patient reviews, packing lists, and recovery notes [Patient experience database]. <https://www.transbucket.com>
10. Transgender Health Information Program. (2021). Lower surgery preparations and aftercare for trans men and nonbinary people. Vancouver Coastal Health. <https://www.transhealth.vch.ca>
11. UCSF Transgender Care. (2022). Gender-affirming surgery: Preparing for genital procedures. University of California San Francisco. <https://transcare.ucsf.edu/guidelines/surgery>
12. WPATH (World Professional Association for Transgender Health). (2022). Standards of Care for the Health of Transgender and Gender Diverse People (Version 8): Postoperative considerations and patient education guidance. <https://www.wpath.org>

## PHALLOPLASTY LENGTH OF STAY

### How Long Will I Need to Stay in NJ After Surgery?

#### **Abdominal Phalloplasty Stage 1**

7-10 days after hospital discharge including at least one postoperative visit.

#### **ALT Phalloplasty Stage 1**

7-10 days after hospital discharge including at least one postoperative visit.

#### **RFF Phalloplasty Stage 1 with Immediate Skin Graft**

3 weeks after hospital discharge with weekly visits with the urology and plastic surgery teams.

#### **RFF Phalloplasty Stage 1 with Delayed Skin Graft**

8 weeks total (approximately 2 weeks after the completion of your skin graft) with weekly visits with the urology and plastic surgery teams.

#### **Radial Artery Urethroplasty**

7-10 days after hospital discharge including at least one postoperative visit.

#### **Stage 2 Phalloplasty with Urethral Lengthening**

1 month after hospital discharge with weekly clinic visits.

#### **Stage 2 Phalloplasty Without Urethral Lengthening**

7-10 days after hospital discharge including at least one postoperative visit.

#### **Metoidioplasty with Urethral Lengthening**

1 month after hospital discharge with weekly clinic visits.

#### **Metoidioplasty Simple Release**

7-10 days after hospital discharge including at least one postoperative visit.

#### **Stage 3 Phalloplasty**

7-10 days after discharge from the hospital including at least one postoperative visit.

Please consult your team for specific recommendations after other outpatient surgeries such as planned delayed flaps, revisions, and minor procedures.



# TRAVEL Information

## AIRPORT

We recommend you fly into Newark Liberty Airport (EWR). Car rental and service companies are located throughout the airport. Please contact the companies to reserve your mode of transportation. If you plan to rent a vehicle, we recommend requesting a vehicle with a GPS/navigation system and pre-paid EZ Pass. In New Jersey, we have toll roads. If you decide not to obtain a pre-paid EZ Pass (usually priced at \$25), we recommend you have spare change and a few dollar bills on hand while traveling.

## NJ TIPS AND NUANCES YOU NEED TO BE AWARE OF:

When traveling to The Center for Outpatient Surgery in Tinton Falls via the Garden State Parkway South, you will pass through the Raritan Toll Plaza after crossing the Driscoll Bridge. After the toll plaza, please stay in the Local Lanes, as they provide access to the exit you will need to reach our office.

There are no left turns at most intersections and on major highways. If your GPS directs you to turn left, look for a U- turn sign, take the U-turn "jug handle", and follow the sign onto that road.

You are not allowed to pump your own gas in NJ. Our gas stations are full service. There will be an attendant at the station who will pump your gas for you.

## HOTEL

While you are not required to use any of the hotels listed below, we recommend considering one of these establishments as your choice for lodging. If you have questions regarding where to book, please contact your surgical coordinator.

### Near Hackensack Meridian Mountainside Medical Center

The MC Hotel  
(844) 624-6835

690 Bloomfield Avenue  
Montclair NJ, 07042

<p><u>The Residence Inn by Marriot West Orange</u> (973) 669-4700</p>	<p>107 Prospect Avenue West Orange, NJ 07052</p>
<p><b>Near Jersey Shore University Medical Center</b></p>	
<p><u>Courtyard by Marriott</u> (732) 919-2780</p> <ul style="list-style-type: none"> <li>• 12.7 miles from The Center for Outpatient Surgery</li> <li>• 4.5 miles from HMH Jersey Shore University Medical Center</li> </ul>	<p>1302 Campus Parkway Wall Township, NJ 07753</p>
<p><u>Double Tree, Tinton Falls</u> (732) 544-9300</p> <ul style="list-style-type: none"> <li>• 3.7 miles from The Center for Outpatient Surgery</li> <li>• 7.6 miles from HMH Jersey Shore University Medical Center <ul style="list-style-type: none"> <li>◦ Please mention HMH when booking</li> </ul> </li> <li>• This facility has been approved by the infection control department at HMH</li> </ul>	<p>700 Hope Road Eatontown, NJ 07724</p>
<p><u>Homewood Suites by Hilton</u> (732) 380-9300</p> <ul style="list-style-type: none"> <li>• 4.6 miles from The Center for Outpatient Surgery</li> <li>• 6.3 miles from HMH Jersey Shore University Medical Center</li> </ul>	<p>4 Industrial Way East Eatontown, NJ 07724</p>
<p><u>Oyster Point Hotel</u> (732) 530-8200</p> <ul style="list-style-type: none"> <li>• 2.1 miles from The Center for Outpatient Surgery</li> <li>• Premier property <ul style="list-style-type: none"> <li>◦ Please mention The Plastic Surgery Center when booking</li> </ul> </li> </ul>	<p>146 Bodman Place Red Bank, NJ 07701</p>
<p><u>Red Roof Inn</u> (732) 389-4646</p> <ul style="list-style-type: none"> <li>• 3.7 miles from The Center for Outpatient Surgery</li> <li>• 6.9 miles from HMH Jersey Shore University Medical Center</li> </ul>	<p>11 Center Plaza Tinton Falls, NJ 07724</p>
<p><u>Sheraton Hotel and Conference Center</u> (732) 542-6500</p> <ul style="list-style-type: none"> <li>• 4.5 miles from The Center for Outpatient Surgery</li> <li>• 6 miles from HMH Jersey Shore University Medical Center <ul style="list-style-type: none"> <li>◦ Please mention HMH when booking</li> </ul> </li> <li>• This facility has been approved by the infection control department at HMH</li> </ul>	<p>6 Industrial Way East Eatontown, NJ 07724</p>
<p><u>The Majestic Hotel</u> (732) 775-6100</p> <ul style="list-style-type: none"> <li>• 13.3 miles from The Center for Outpatient Surgery</li> <li>• 2 miles from HMH Jersey Shore University Medical Center</li> <li>• Only a few houses down from the beach</li> </ul>	<p>19 Main Avenue Ocean Grove, NJ 07756</p>



## TRAVEL

# Frequently Asked Questions

### How many in-person appointments must be completed prior to surgery?

Your surgeon will determine whether you will need to come for a stand-alone appointment in addition to an appointment one to two days before your surgery. This determination is based on your medical history and clinical workup.

### What happens if I qualify for a single in-person visit?

Generally, you will see your surgeon in the morning. Surgery would take place the following day or the day after.

### What happens if my surgeon recommends two in-person appointments?

We will assist you in scheduling an appointment for a physical examination. This will help determine if you are a good candidate for surgery. Once that appointment is completed, our team will schedule your surgery. Your second in-person appointment will be the day or two prior to your surgery.

### Do I need anyone to accompany me during my travels?

Yes. You will need an able-bodied person to accompany you during your stay with us. This person will need to assist with pre- and post-operative transportation, pick up any prescribed medications for the pharmacy, and may need to provide minimal physical assistance with walking after surgery. It's also helpful to have a second "listening ear."

### How long will I need to stay in New Jersey when I travel for surgery?

Typically, our patients need to stay around 7-10 days **after hospital discharge** (about 14-20 days total). This allows for an in-person, pre-operative appointment, post-operative appointment, and post-operative monitoring. On occasion, our patients may need to stay a day or two longer to ensure post-surgical complications are minimized. Your surgeon will provide guidance on the length of stay.

### Do I need to keep my hotel room for the day of surgery?

If your surgery is booked at an outpatient procedures then, yes. Please make sure you have a hotel room booked for the day of surgery. While you may need to spend the night, your stay will be less than 23 hours. You will need to return to your hotel room once you are discharged from the surgery center.

# RESTAURANT TOUR of the North



## Breakfast

<u>Marcel Bakery and Kitchen</u>	<u>Red Eye Cafe</u>
<ul style="list-style-type: none"><li>• Mediterranean Fare</li><li>• 631 1/2 Valley Road, Montclair, NJ 07043</li><li>• (973) 842-4088</li></ul>	<ul style="list-style-type: none"><li>• American Fare</li><li>• 94 Walnut Street, Montclair, NJ 07042</li><li>• (973) 509-3663</li></ul>
<u>Minias Montclair</u>	<u>The Corner</u>
<ul style="list-style-type: none"><li>• Uruguayan Fare</li><li>• 22 Lackawanna Plaza, Montclair, NJ 07042</li><li>• (973) 434-0535</li></ul>	<ul style="list-style-type: none"><li>• American Fare</li><li>• 115 Grove Street, Montclair, NJ 07042</li><li>• (973) 783-2400</li></ul>

## Lunch and Dinner

<u>Ani Ramen House</u>	<u>Mesob</u>
<ul style="list-style-type: none"><li>• Japanese Fare</li><li>• 511 Bloomfield Avenue, Montclair, NJ 07042</li><li>• (973) 337-5299</li></ul>	<ul style="list-style-type: none"><li>• Ethiopian Fare</li><li>• 515 Bloomfield Avenue, Montclair, NJ 07042</li><li>• (973) 655-9000</li></ul>
<u>BOSCHETTO</u>	<u>Raymond's</u>
<ul style="list-style-type: none"><li>• Italian Fare</li><li>• 111 Grove Street, Montclair, NJ 07042</li><li>• (973) 509-1095</li></ul>	<ul style="list-style-type: none"><li>• American Fare</li><li>• 28 Church Street, Montclair, NJ 07042</li><li>• (973) 744-9263</li></ul>
<u>Bricklane Curry House</u>	<u>Tacoria Mexican Street Kitchen</u>
<ul style="list-style-type: none"><li>• Indian Fare</li><li>• 540 Valley Road, Montclair, NJ 07043</li><li>• (973) 509-2100</li></ul>	<ul style="list-style-type: none"><li>• Mexican Fare</li><li>• 367 Bloomfield Avenue, Montclair, NJ 07042</li><li>• (877) 340-2100</li></ul>
<u>Diesel and Duke</u>	<u>Uncle Momo</u>
<ul style="list-style-type: none"><li>• American Fare</li><li>• 20 Church Street, Montclair, NJ 07042</li><li>• (973) 744-0011</li></ul>	<ul style="list-style-type: none"><li>• French/Lebanese Fare</li><li>• 702 Bloomfield Avenue, Montclair, NJ 07042</li><li>• (973) 233-9500</li></ul>
<u>Laboratorio Kitchen</u>	<u>Zeugma Grill</u>
<ul style="list-style-type: none"><li>• French/Italian Fare</li><li>• 615 Bloomfield Avenue, Montclair, NJ 07042</li><li>• (973) 746-6100</li></ul>	<ul style="list-style-type: none"><li>• Mediterranean Fare</li><li>• 44 South Park Street, Montclair, NJ 07042</li><li>• (973) 744-0074</li></ul>

# RESTAURANT TOUR of the Shore



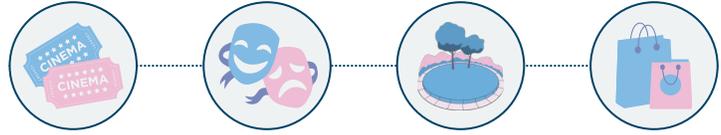
## Breakfast

<p><u>Almost Home General</u></p> <ul style="list-style-type: none"> <li>American Fare</li> <li>276 Sunnyside Road, Lincroft, NJ 07738</li> <li>(732) 590-5199</li> </ul>	<p><u>The Buttered Biscuit Cafe</u></p> <ul style="list-style-type: none"> <li>American Fare</li> <li>700 Main Street, Bradley Beach, NJ 07720</li> <li>(732) 807-4069</li> </ul>
<p><u>KITCH Organic</u></p> <ul style="list-style-type: none"> <li>American Fare</li> <li>75 Leighton Avenue, Red Bank, NJ 07701</li> <li>(732) 741-5400</li> </ul>	<p><u>The Starving Artist</u></p> <ul style="list-style-type: none"> <li>American Fare</li> <li>47 Olin Street, Ocean Grove, NJ 07756</li> <li>(732) 988-1007</li> </ul>

## Lunch and Dinner

<p><u>Asbury Festhalle and Biergarten</u></p> <ul style="list-style-type: none"> <li>German Fare</li> <li>527 Lake Avenue, Asbury Park, NJ 07712</li> <li>(732) 997-8767</li> </ul>	<p><u>Lotería</u></p> <ul style="list-style-type: none"> <li>Mexican Fare</li> <li>632 Mattison Avenue, Asbury Park, NJ 07712</li> <li>(732) 455-3610</li> </ul>
<p><u>Bamboo Leaf Thai Eatery</u></p> <ul style="list-style-type: none"> <li>Thai/Vietnamese Fare</li> <li>722-4 Main Street, Bradley Beach, NJ 07720</li> <li>(732) 774-1661</li> </ul>	<p><u>Mauka Indian Cuisine</u></p> <ul style="list-style-type: none"> <li>Indian Fare</li> <li>78 NJ-35, Eatontown, NJ 07724</li> <li>(732) 876-4765</li> </ul>
<p><u>Beijing Bistro Red Bank</u></p> <ul style="list-style-type: none"> <li>Chinese Fare</li> <li>91 Broad Street, Red Bank, NJ 07701</li> <li>(732) 212-8858</li> </ul>	<p><u>REYLA</u></p> <ul style="list-style-type: none"> <li>Mediterranean Fare</li> <li>603 Mattison Avenue, Asbury Park, NJ 07712</li> <li>(732) 455-8333</li> </ul>
<p><u>DJ's Delights Deli and Catering</u></p> <ul style="list-style-type: none"> <li>American Fare</li> <li>620 Mattison Avenue, Asbury Park, NJ 07712</li> <li>(732) 869-1100</li> </ul>	<p><u>St. Stephen's Green Publick House</u></p> <ul style="list-style-type: none"> <li>Irish Fare</li> <li>2031 NJ-71, Spring Lake, NJ 07762</li> <li>(732) 449-2626</li> </ul>
<p><u>Federico's Pizza and Restaurant</u></p> <ul style="list-style-type: none"> <li>Italian Fare</li> <li>700 Main Street, Belmar, NJ 07719</li> <li>(732) 681-6936</li> </ul>	<p><u>Taka</u></p> <ul style="list-style-type: none"> <li>Japanese Fare</li> <li>660 Cookman Avenue, Asbury Park, NJ 07712</li> <li>(732) 775-1020</li> </ul>

# LOCAL ATTRACTIONS of the North



## Family Fun and Interactive Spots

### Montclair Film Cinema

486 Bloomfield Avenue, Montclair, NJ 07042

## Entertainment and Museums

### Montclair Art Museum

3 South Mountain Avenue, Montclair, NJ 07042

### Montclair History Center

108 Orange Road, Montclair, NJ 07042

### Wellmont Theater

5 Seymour Street, Montclair, NJ 07042

### Yogi Berra Museum and Learning Center

8 Yogi Berra Drive, Little Falls, NJ 07424

## Gardens and Parks

### Eagle Rock Reservation

Prospect Avenue and Eagle Rock Avenue, West Orange, NJ 07052

### Presby Memorial Iris Gardens

474 Upper Mountain Avenue, Montclair, NJ 07043

### Van Vleck House and Gardens

21 Van Vleck Street, Montclair, NJ 07042

## Shopping and Downtown

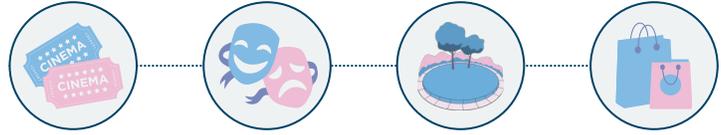
### Montclair Center

Church Street and Bloomfield Avenue, Montclair, NJ 07042

### The Mall at Short Hills

1200 Morris Turnpike, Short Hills, NJ 07078

# LOCAL ATTRACTIONS of the Shore



## Family Fun and Interactive Spots

### Jenkinson's Boardwalk and Aquarium

300 Ocean Avenue North, Point Pleasant Beach, NJ 08742

### Monster Mini Golf

749 Hope Road, Eatontown, NJ 07724

### Six Flags Great Adventure

1 Six Flags Boulevard, Jackson Township, NJ 08527

### YESTERcades

80 Broad Street, Red Bank, NJ 07701

## Entertainment and Museums

### Count Basie Center for the Arts

99 Monmouth Street, Red Bank, NJ 07701

## Gardens and Parks

### Allaire State Park

4265 Atlantic Avenue, Wall Township, NJ 07727

### Deep Cut Gardens

152 Red Hill Road, Middletown Township, NJ 07748

### Gateway National Park/Sandy Hook

26 Hudson Road, Highlands, NJ 07732

## Shopping and Downtown

### Jersey Shore Premium Outlets

1 Premium Outlet Boulevard, Tinton Falls, NJ 07753

### The Grove at Shrewsbury

597 Broad Street, Shrewsbury, NJ 07702

## ADDITIONAL PHALLOPLASTY

# Resources

1

Trans Caregiver Resources

<https://www.t4tcaregiving.org/>

2

MyPhalloplasty: Resource List

<https://myphalloplasty.wordpress.com/2018/01/01/phallo-finder/>

3

Trans Recovery Supply Kits

<https://www.transrecoverysupply.com/>

4

Trans Lifeline: Peer support

<https://translifeline.org/>

877-565-8860

5

The Trevor Project: Crisis Counselors

<https://www.thetrevorproject.org/get-help/>

