



THE CENTER FOR GENDER AFFIRMATION



VAGINOPLASTY

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



Diana Elfar, LPN
Clinical Team
delfar@tpscnj.com
732-741-0970 ext. 1441



Nicoletta Matone
Surgical Coordination
nmatone@sycamoremm.com
888-915-7617 ext. 1191

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 ext. 1191

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.

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.

LETTERS OF SUPPORT

For genital surgery (metoidioplasty, phalloplasty, and vaginoplasty), two letters meeting the established criteria are required from your mental health providers, including counselors, therapists, or psychiatrists. If you need a second provider, we are happy to provide you with a list of qualified individuals.

Your surgical coordinator will provide an editable template to provide to your mental health provider if needed.

Using WPATH criteria, the content of the letters should include the following elements:

1

Identifying information: Age, transgender status (male to female transgender or female to male transgender), relationship status, and a statement that the patient is seeking gender affirming bottom surgery. The specific surgery should be mentioned.

2

The duration and nature of the therapeutic relationship, including nature of the evaluation, type of therapy, frequency, and duration.

3

Whether they meet WPATH eligibility criteria including persistent and well documented gender dysphoria, capacity to make fully informed decisions, and consent for treatment, as well as age of majority. For those seeking bottom surgery, it should be noted that they have had at least 12 months of continuous hormone replacement therapy.

4

A chronological history of the patient's cross gender feelings, starting with the earliest possible recollection.

5

Initial and current gender, and sexual and psychiatric diagnoses, including personality and developmental disorders as well as substance abuse.

6

Pertinent background, including family, developmental, education, occupational, relationship and social history.

7

Current stability of psychiatric symptoms. If there is a psychiatric diagnosis, is it managed?

8

Medical and psychiatric medications, dosage, and starting dates as well as who prescribes them.

9

Level of support from parents, family, spouses, children, friends, and colleagues, including acceptance level in work or school environments.

10

The qualifications of the mental health professional, including licensure, experiences working with transgender patients, education, ongoing training, and membership in professional organizations.

11

A signature and statement of willingness to accept a phone call to validate they composed the letter.

Some insurance companies have made additional demands, including requiring one of the mental health letters come specifically from a psychologist or psychiatrist. Also, some have asked for a letter of support from the hormone therapy provider and history of hormone lab results. **Please review your insurance policy for specific requirements.**

We recommend the providers send the letters directly to you, so you can send them to us.

VAGINOPLASTY OPTIONS

What Is the Best Option for You?

We currently offer three different types of surgery to create a vagina.

- Vulvoplasty (also called zero-depth vaginoplasty)
- Peritoneal vaginoplasty (PV)
- Penile inversion vaginoplasty (PIV)

Vulvoplasty

This type of surgery involves creating a vulva by removing the testicles and parts of the penis. A clitoris is created from the tip (glans) of the penis. The labia are created using some skin from the penis and scrotum. There is a vaginal dimple but no vaginal canal.

If you're not planning on having sex that involves vaginal penetration, this may be your best option. We will also recommend this if you will not be able to dilate on a consistent basis.

Peritoneal Vaginoplasty (PV)

The techniques that are used in vulvoplasty are also used in PV. In addition to creating a clitoris and labia, an opening is created between the urethra and the anus to form a vaginal canal.

The lining of the vaginal canal is created from a combination of the peritoneum (a type of tissue that lines the inside of the abdomen), external tissue and skin substitute. A portion of the surgery is done laparoscopically through small incisions in the abdominal wall with the aid of a surgical robot.

Penile Inversion Vaginoplasty (PIV)

The techniques that are used in vulvoplasty are also used in PIV. In addition to creating a clitoris and labia, an opening is created between the urethra and the anus to form a vaginal canal. Some of the skin from the penis is used to line the canal. If there is not enough penile skin to cover the entire canal, some skin from the scrotum may be used.

For penile inversion, permanent hair removal is required from the scrotum, the penis and the surrounding area prior to surgery. If there is hair on the skin that lines the vaginal canal, it can lead to discomfort and infection.

Other Considerations

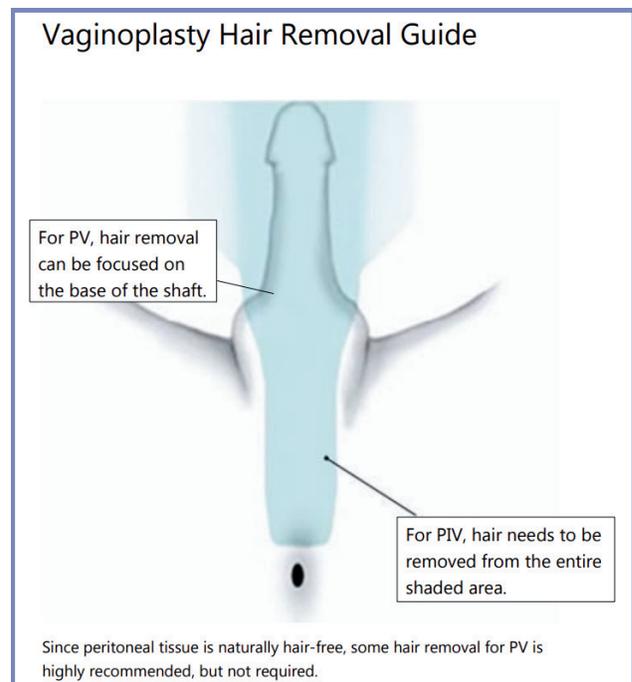
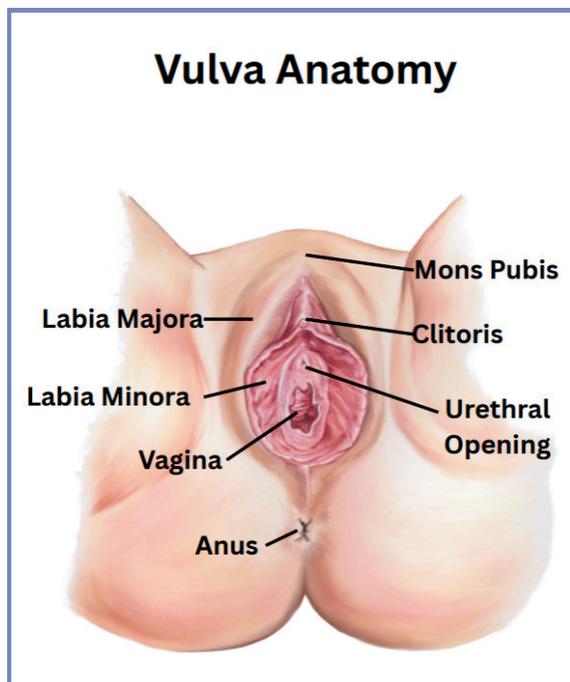
It is not uncommon that a second minor surgery is needed to fix issues with scarring, function or cosmetic appearance.

If you opt for PIV or PV, your new vaginal canal will require life-long care to ensure it stays open and healthy. Dilating as instructed by your team is key to maintaining the width, depth and function of the vaginal canal. Following surgery, you will need to dilate twice a day for at least 6 months. As you heal, you will coordinate with your care team concerning any changes to your dilation schedule.

During the initial recovery phase, your vagina may produce some secretions. However, these will likely stop after the surgical area has completely healed. You will need to use lubricant for dilation and penetrative intercourse.

For hair removal, both electrolysis and laser hair removal require multiple sessions over a period of 6 months to a year. Whichever one you choose; it needs to be completed at least 6 weeks before surgery to allow for a full hair growth cycle and for your skin to recover. Please see the hair removal guide included in this packet.

Hair removal by a dermatologist may be covered by your insurance. However, most providers are private practice and do not accept insurance but will provide documentation that you can submit to your insurance for reimbursement. Please check your insurance policy.



GETTING READY FOR SURGERY

There are some things that need to be addressed before you can be scheduled for surgery. There are also some things you can do to get ready while you are waiting for your surgery. These recommendations come from our team and from other women who have been there.

Letters of Support

Your insurance company requires letters of support from two mental health providers. We will need to have these letters before you are scheduled. Please see the "Letters of Support" document for more information.

Hair Removal

For penile inversion, we require hair removal from the scrotum and base of the penis prior to surgery. Hair removal around the base of the penis is recommended for PV. Hair on the skin that it used to line the vaginal canal can lead to discomfort and infection.

Both electrolysis and laser hair removal require multiple sessions over six months to a year. The best method for you and your hair type will be determined by your hair removal specialist.

Whichever one you choose, it needs to be completed at least six weeks before surgery to let your skin heal. You may be able to find a dermatologist that accepts insurance.

Most private practice technicians do not accept insurance. If you need help finding a hair removal specialist, we can submit a referral for a dermatologist at University Hospitals.

No Nicotine

Nicotine limits blood flow and impairs wound healing. Also, any kind of smoking impairs lung function and increases risks related to anesthesia.

Nicotine is the only drug we test for. If you use nicotine in **any form** (vape, cigarettes, cigars, Black & Mild, chewing or chew, Zyn, nicotine gum or patches, hookah, second-hand smoke), **we require you to be nicotine-free for at least three months before surgery.**

We recommend taking advantage of programs like text messaging support through smokefree.gov. There are lots of resources out there, including medication. Please discuss options with your primary care provider.

Caregiver Support

After surgery, there will be physical restrictions and limitations until you have recovered. There will be no extended (>30 minutes) sitting, standing, or walking. There will be no running, bending, or squatting. There will be no heavy (>10 pounds) lifting, pushing or pulling. These will be assessed at your follow-up appointments and advanced as appropriate. Also, you will need someone to pick you up from the hospital and someone to bring you to your first follow-up appointment.

You are going to need some help after surgery. Now is the time to make those arrangements. You will be able to do your own personal care, such as showering, but will need help with things like getting prescriptions and groceries, doing the laundry, and transport to appointments. Ideally, someone will be available to help you consistently for at least two weeks after discharge.

Supplies

You will need to purchase some supplies. Please review the supply list document. If your surgery involves creating a vaginal canal, you will need lube forever. Now is a good time to shop around and find a source that is convenient, reliable, and economical.

Hormone Therapy

You will not need to stop or alter your hormone regimen in preparation for surgery. Please discuss surgery with your hormone therapy provider. Your regimen and/or dose will need to be reassessed after your surgery. We recommend scheduling a visit with your provider for two weeks after surgery.

Pelvic Floor Physical Therapy

Pelvic floor physical therapy will be an essential part of your recovery. Start looking for a local physical therapist now. They need to be familiar with caring for people who have had vaginoplasty. We recommend your first visit occur before your surgery and then again about four weeks after surgery. The duration and number of visits will be determined by your needs and your therapist's recommendations.

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

As you get to know your way around, you may have questions and we will do our best to answer some of those questions here. The most important thing you can do to ensure things go well after surgery is to dilate following the instructions from your care team. This will help keep the skin flexible, minimize scarring and maintain depth as your vaginal canal heals.

Wound Care

Everyone heals differently, but everyone will have some issue with healing along the way. For the first two weeks, apply bacitracin to your wounds at least twice a day to prevent infection and optimize healing.

It is expected that your wounds might bleed at first. You may notice some yellowish stuff along the edges of your wounds. This is a normal part of healing. If the yellowish stuff is extensive, we may prescribe a debridement regimen.

You may notice that your wounds open up slightly. This is completely normal. The wound will continue to heal without any extra help. In a small number of cases, the opening may be large enough to require an additional procedure or even surgery.

Some of your stitches will dissolve in a week while some will take months. Loose or painful stitches can be removed at your follow-up visits.

If you notice moist, red areas, you may have hypergranulation tissue. This is basically an overgrowth of normal tissue as your body heals. It can occur anywhere, inside or out, and tends to bleed very easily. This can usually be addressed during a clinic visit.

Once your incisions are completely healed, you can begin a scar massage regimen. You can use a silicone based gel to massage your scars once a day.

If you quit using nicotine before surgery, please consider staying nicotine-free. If you're going to restart, wait until your wounds are healed. Nicotine makes it harder for your body to heal.

Pain Management

Heat can be soothing and can help dissipate bruising. Use a hot pack, heating pad or warm compress for five to 20 minutes as often as once an hour.

Swelling is common after surgery and is often uneven. Applying a cold pack for 10–15 minutes as often as once an hour will help with swelling and inflammation.

Use a waffle cushion or donut pillow to reduce pressure while sitting. Limit sitting, standing and walking to less than 30 minutes at any one time.

Hygiene

Douche at least once daily as instructed to keep your wounds clean. Some bleeding and discharge is expected while you are healing. If you notice a strong or unpleasant odor, add a teaspoon of iodine to the water in your douche for a few days. If it doesn't improve within a week, please let your care team know.

Showering is encouraged after surgery. Cleanse daily with a mild soap (like Dove) and warm water. Using a handheld showerhead is an effective way to cleanse and rinse the vulva and between the labia.

Some of your stitches will dissolve in a week and some will take months. No rubbing or wiping while there are still stitches present. After showering, pat dry with a towel and/or dry with a hair dryer on the cool setting to avoid irritation or tugging on stitches.

Dab with toilet paper after urinating. Once your wounds have healed, you can begin to wipe, going from front to back to keep bacteria from getting into your urinary tract. You will need to wait until all your incisions are completely healed before bathing or swimming. This will be addressed in more detail at your follow-up visits.

Peeing can be a challenge at first. It is common to have difficulty directing the stream of urine. This should improve as the swelling goes down and your wounds heal. Some people find it helpful to use a "toilet paper dam" to block the spray of urine. A paper plate is an alternate option.

Sensation and Sexual Activity

It is common to have numbness after surgery. This should improve over time. You may have a feeling like small electrical shocks as sensation returns. Low intensity vibrator therapy can be beneficial. You can usually begin this approximately six weeks after surgery.

Clitoral stimulation (aka masturbation) is okay as soon as it is comfortable. This can also help to "wake up" the nerves after surgery.

Any oral or penetrative sex should not be attempted until cleared by your surgical team.

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](#)

- [Waffle or Donut Pillow](#) – makes sitting more comfortable
- [Douche Bulb Kit](#) – for rinsing the vaginal canal
- [Hard Candy](#) – helps with dry mouth

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

- [Dilator Set](#) – 6-piece acrylic set
- [Bacteriostatic Water-Soluble Lube](#) – for dilation
- [Hand Mirror](#) – to see your vagina and assist with dilation
- [Disposable Under Pads \(Chux\)](#) – for dilation and douching
- [Feminine Pads](#) – for blood and discharge
- [Mesh Underwear](#) – holds pads comfortably

[Buy Ahead of Time and Have Ready at Home](#)

- [Basic Cotton Briefs](#) – alternative to mesh underwear
- [Washable Under Pads](#) – reusable alternative to disposable pads
- [Panty Liners](#) – lighter alternative to full pads
- [Heating Pad](#) – helps with achiness and relaxation
- [Cold Packs](#) – helps reduce inflammation and swelling
- [Handheld Shower Head](#) – for hygiene and rinsing
- [Blow Dryer](#) – gently dries pelvic area
- [Vibrator](#) – for sensation and nerve remapping

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

- [Vashe Wound Solution](#) – wound cleanser
- [Aquaphor](#) – for wounds and scar massage
- [Medical-Grade Manuka Honey](#) – alternative to antibiotic ointment
- [Scar Tissue Rehab Tools](#) – once incisions are healed
- [Personal Lube](#) – alternative options once approved to switch

DILATION INSTRUCTIONS

Dilation

Dilate the vaginal canal two times a day following the steps you learned after surgery. Lubricate each dilator generously with a bacteriostatic water-based lube. Use your hand and the mirror to locate the entrance to your vaginal canal.

- Begin with the smallest purple dilator
- Slowly insert the lubricated dilator into the vaginal canal at an upright angle
- You will feel some resistance about an inch into the canal – these are your pelvic floor muscles
- Take a deep breath in and, as you slowly breathe out, push gently to advance the dilator
- Once you get past the pelvic muscles, gently push down on the end of the dilator as you continue to advance it so it's parallel with the floor
- Continue to advance the dilator until you feel it won't go any further
- Use the mirror (or your phone) to see how many of the white dots on the dilator are visible outside of the canal
- Leave the first dilator in place for 10 minutes while maintaining gentle pressure on the end
- Before you remove the dilator, look for the number of dots again – it may have changed

Repeat the process with the smaller orange dilator for 10 minutes and then the larger purple dilator for 20 minutes. Each dilation session will last about one hour. Clean dilators with a gentle soap and warm water, then dry and put away in their case.

At your follow-up appointments, we will discuss when to go up in size, when to adjust your dilation schedule, and when it would be safe to engage in penetrative intercourse. We will also let you know when it is ok to use a different type of lube.

Douching

Douche at least once daily with warm water. Tap water is fine if you have city water – if you have well water, use distilled or bottled water. This will rinse any extra lube out of your vaginal canal. We recommend a vaginal douche with a hose attachment.

- Fill the bulb or bottle about halfway with lukewarm water
- Thinly lubricate the nozzle
- Insert the nozzle into the vaginal canal until it cannot go in further
- Slowly, continuously squeeze the water into the vagina as you pull out the nozzle
- If you're using a bulb, ensure the nozzle is all the way out before releasing the bulb to avoid suction

Douching may be easiest at first while you are lying on your back and propped up with a pillow with towels or Chux pads underneath your hips. Once you are comfortable with the process, you can do this in the bathtub or shower or on the toilet.

If you notice a strong or unpleasant odor, add a teaspoon of iodine to the water in your douche for a few days. If it doesn't improve within a week, please let your care team know.

Other Basic Care

Wear mesh underwear with a pad or panty liner until you notice that drainage has stopped. It could take several months for this to happen. To ensure proper hygiene, be sure to change the pad every 4-6 hours even if it is not visibly soiled.

Gently cleanse the external area of your genitals daily (including the area between the labia and around the clitoris and urethra) using your hand, warm water, and a mild soap (like Dove). While there are stitches and open incisions, do not soak in water and do not rub or wipe with tissue or a towel. Use a handheld shower head or bidet to clean and thoroughly rinse the pelvic area (including the area between the labia). Then dry your vagina with a hair dryer on the cool setting or very carefully pat dry with a towel to avoid irritation or tugging on stitches.





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>Near Jersey Shore University Medical Center</p>	
<p><u>Courtyard by Marriott</u> (732) 919-2780</p> <ul style="list-style-type: none"> • 12.7 miles from The Center for Outpatient Surgery • 4.5 miles from HMH Jersey Shore University Medical Center 	<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"> • 3.7 miles from The Center for Outpatient Surgery • 7.6 miles from HMH Jersey Shore University Medical Center <ul style="list-style-type: none"> ◦ Please mention HMH when booking • This facility has been approved by the infection control department at HMH 	<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"> • 4.6 miles from The Center for Outpatient Surgery • 6.3 miles from HMH Jersey Shore University Medical Center 	<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"> • 2.1 miles from The Center for Outpatient Surgery • Premier property <ul style="list-style-type: none"> ◦ Please mention The Plastic Surgery Center when booking 	<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"> • 3.7 miles from The Center for Outpatient Surgery • 6.9 miles from HMH Jersey Shore University Medical Center 	<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"> • 4.5 miles from The Center for Outpatient Surgery • 6 miles from HMH Jersey Shore University Medical Center <ul style="list-style-type: none"> ◦ Please mention HMH when booking • This facility has been approved by the infection control department at HMH 	<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"> • 13.3 miles from The Center for Outpatient Surgery • 2 miles from HMH Jersey Shore University Medical Center • Only a few houses down from the beach 	<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 seven to 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 that 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">• Mediterranean Fare• 631 1/2 Valley Road, Montclair, NJ 07043• (973) 842-4088	<ul style="list-style-type: none">• American Fare• 94 Walnut Street, Montclair, NJ 07042• (973) 509-3663
<u>Minias Montclair</u>	<u>The Corner</u>
<ul style="list-style-type: none">• Uruguayan Fare• 22 Lackawanna Plaza, Montclair, NJ 07042• (973) 434-0535	<ul style="list-style-type: none">• American Fare• 115 Grove Street, Montclair, NJ 07042• (973) 783-2400

Lunch and Dinner

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

RESTAURANT TOUR of the Shore



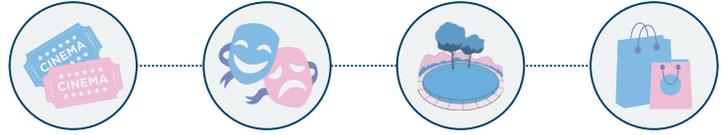
Breakfast

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

Lunch and Dinner

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

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

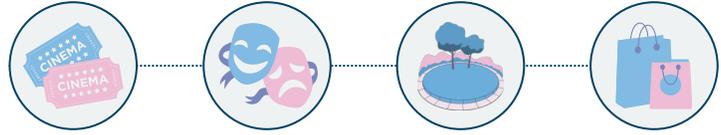
Montclair Center

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

