



EMPOWERED RECOVERY STARTS **HERE**

Personalized Post-Op Support for
Gender-Affirming Surgeries

www.christinavegas.com



About **Christina**

Christina Vegas offers emotional and logistical support to **individuals preparing for or recovering from gender-affirming surgeries**. With years of experience navigating surgical systems and firsthand knowledge from undergoing more than a dozen procedures, she brings informed, compassionate guidance to every stage of the journey.

Her work bridges the gap between the operating room and daily life — ensuring that **clients continue to feel informed, supported**, and genuinely seen **beyond the clinical setting**.



Why This **Matters**

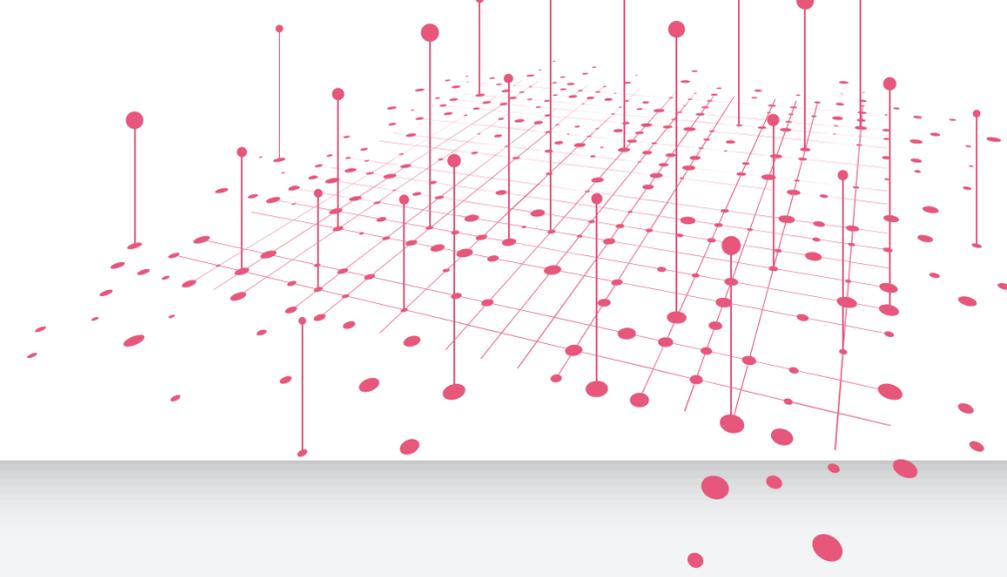
Post-op care isn't just physical

Patients often leave surgery feeling emotionally overwhelmed and isolated. Clinics are stretched for time, and support gaps can lead to distress and confusion. Your patients deserve better.

Referring patients to Christina's virtual support sessions helps ensure:

- ✓ Clear expectations and support
- ✓ Mental/emotional resilience
- ✓ Better adherence to care instructions
- ✓ Increased confidence and autonomy





What the **Data** Shows

Referring patients to affirming peer support isn't just compassionate — **it's evidence-based care.**

- **One in three trans people** experience serious psychological distress, often peaking before and after surgery (U.S. Trans Survey)
- Peer support has been shown to **reduce post-surgical anxiety** and improve emotional regulation during recovery (Journal of Health Psychology, 2020)
- Patients with access to trans-specific support are significantly **more likely to complete surgical aftercare and attend follow-ups** (LGBT Health, 2018)
- Providers who engage trans-competent adjunct services see **better patient retention** and satisfaction scores (AMA Journal of Ethics)

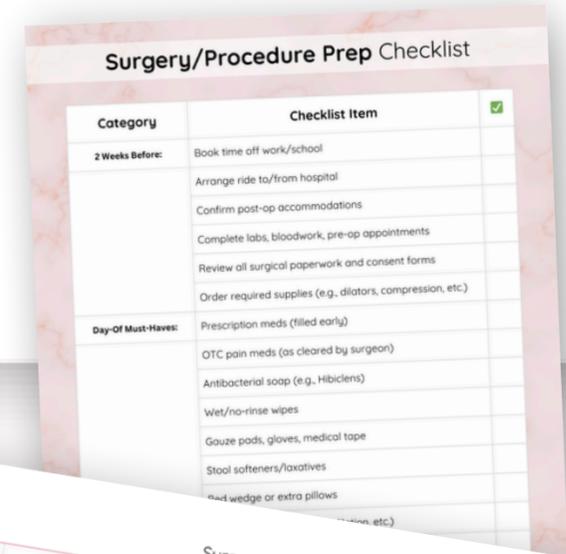


Value Offered

Virtual Support Sessions (1:1) Tailored to each phase of the journey:

- **Surgical Prep** – what to expect, how to plan, emotional **readiness**.
- **Quick Questions & Venting** – ask anything, anytime.
- **General Support Chat** – flexible, validating, low-pressure.
- **Family/Friend Support** – sessions for loved ones who want to understand and show up better.

Plus **free downloadable resources** available to everyone.



Surgery/Procedure Prep Checklist

Category	Checklist Item	
2 Weeks Before:	Book time off work/school	<input checked="" type="checkbox"/>
	Arrange ride to/from hospital	
	Confirm post-op accommodations	
	Complete labs, bloodwork, pre-op appointments	
	Review all surgical paperwork and consent forms	
Day-Of Must-Haves:	Order required supplies (e.g., dilators, compression, etc.)	
	Prescription meds (filled early)	
	OTC pain meds (as cleared by surgeon)	
	Antibacterial soap (e.g., Hibiclens)	
	Wet/no-rinse wipes	
	Gauze pads, gloves, medical tape	
	Stool softeners/laxatives	

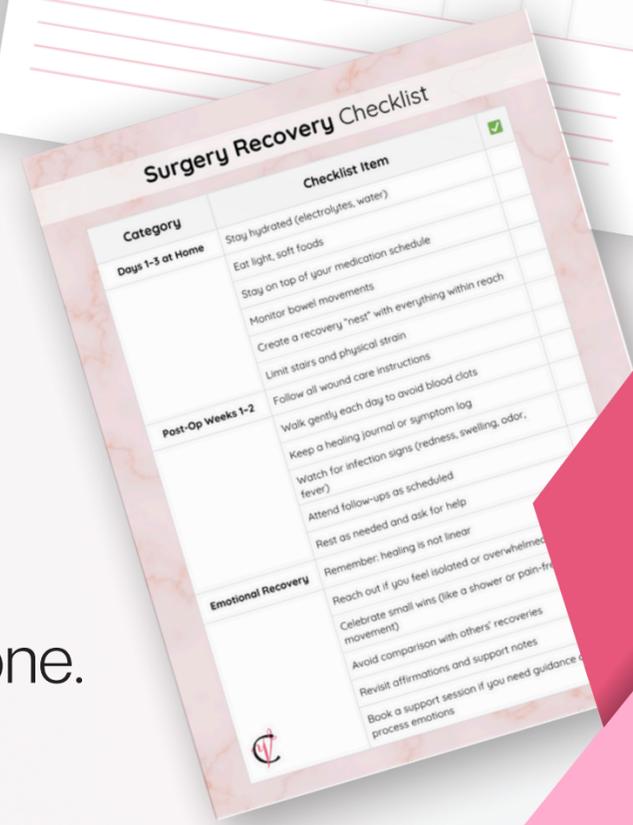


Surgery Strategy Sheet

Consultation Date	Procedure	Surgeon Name & Clinic/Hospital Location	Quoted Cost	Wipe Time	Approach / Technique	Vibe / Bedside Manner	Photos / Results? (Y/N)	Revision Policy	Other Notes

Notes:

You've got this!



Surgery Recovery Checklist

Category	Checklist Item	
Days 1-3 at Home	Stay hydrated (electrolytes, water)	<input checked="" type="checkbox"/>
	Eat light, soft foods	
	Stay on top of your medication schedule	
	Monitor bowel movements	
Post-Op Weeks 1-2	Create a recovery "nest" with everything within reach	
	Limit stairs and physical strain	
	Follow all wound care instructions	
	Walk gently each day to avoid blood clots	
	Keep a healing journal or symptom log	
	Watch for infection signs (redness, swelling, odor, fever)	
	Attend follow-ups as scheduled	
Emotional Recovery	Rest as needed and ask for help	
	Remember: healing is not linear	
	Reach out if you feel isolated or overwhelmed	
	Celebrate small wins (like a shower or pain-free movement)	
	Avoid comparison with others' recoveries	

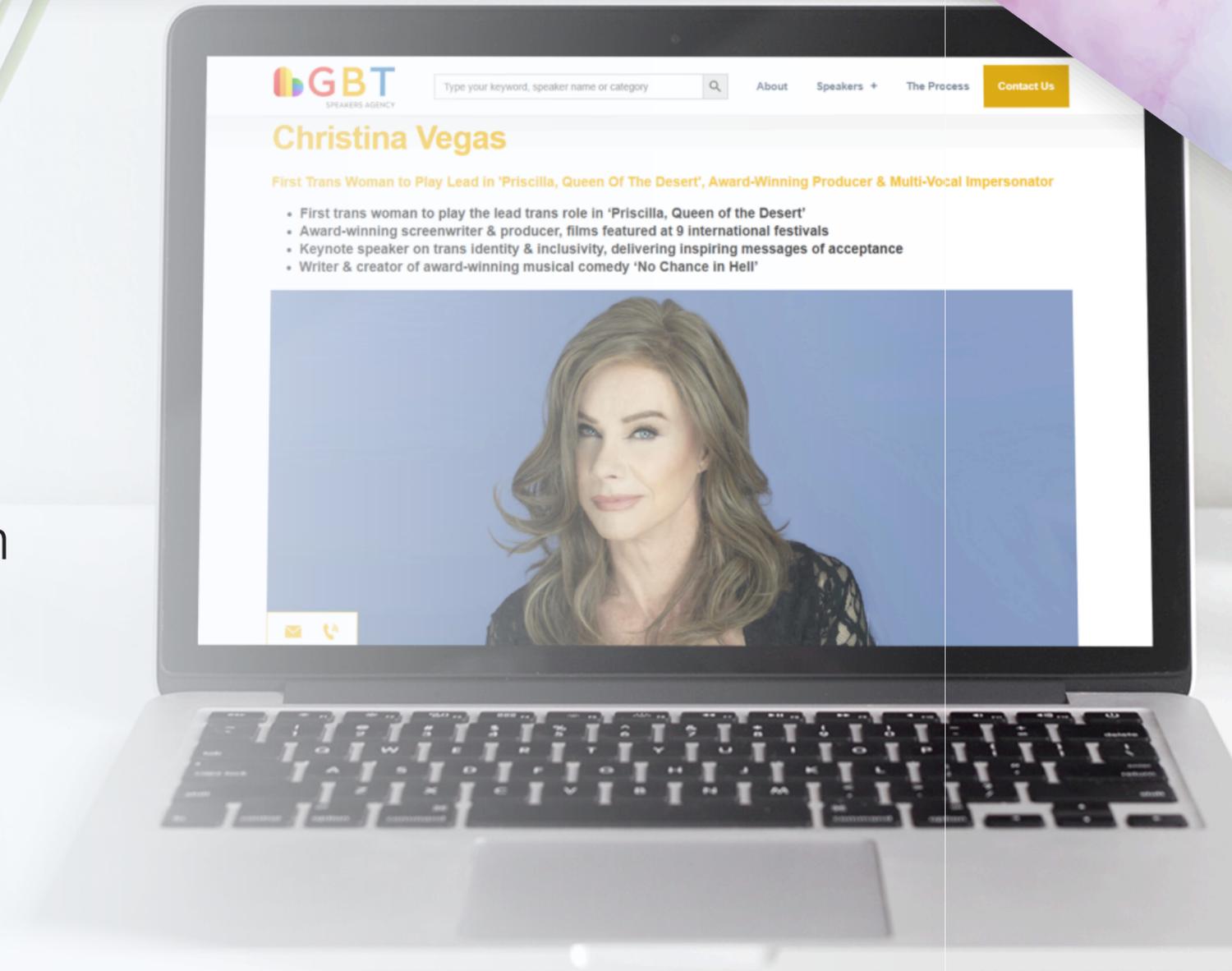


Life & Success

Christina's journey reflects what's possible when trans people receive affirming care.

- 25+ years as a performer, writer, and producer.
- First trans woman to play the leading role in any professional North American production of ***Priscilla, Queen of the Desert***.
- Award-winning filmmaker with her most recent film now streaming on Apple TV.

Her visibility, resilience, and success deeply inform her support work — **offering compassionate, lived-experience guidance to others.**



Why Partner With Christina

Extend your care without expanding your workload.

Referring patients to Christina means giving patients access to personalized, non-clinical support throughout their surgical journey. This helps your practice by improving outcomes, reducing pressure on staff, and enhancing overall patient experience — without added cost or liability.

Christina works independently to complement, **not replace**, clinical care.

- **Improved patient satisfaction and trust.**
- **Reduced volume of non-medical follow-up questions.**
- **Decreased emotional burden on clinical staff.**
- **Support beyond your walls – without extra strain on your time or budget.**
- **Increased likelihood of post-op follow-through and adherence to care plans.**

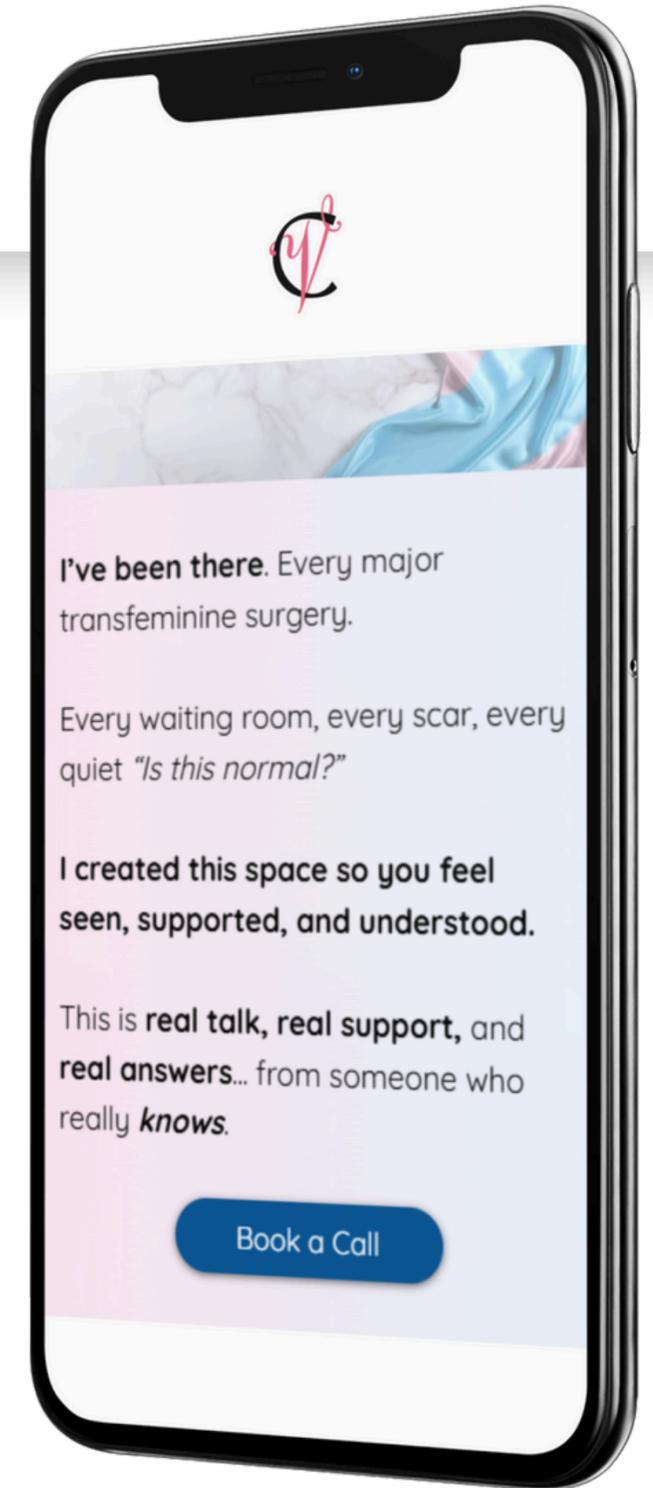


How it works

Streamlined. Flexible. Zero lift for your team.

- Easy-to-use referral tools: custom links, brochures, or QR codes.
- Seamlessly integrates into post-op packets, email sequences, or discharge conversations.
- Patients connect directly and book independently.
- No disruption to workflow – keep your focus where it matters most.

**Empower your patients beyond the clinic.
Partner with Christina to deliver compassionate,
comprehensive support every step of the way.**



Get in Touch

For booking inquiries, collaborations, or speaking opportunities, please contact Christina's Executive & Partnerships Manager, **Kayla Manteiga**, at **hello@christinavegas.com**.

Let's give your patients the support they deserve – **and lighten the load on your team.**

Contact Christina

