

## The Truth About Gender Affirming Surgery

Gender-affirming care is defined as any kind of medical care that people receive to align their body with their gender identity. This includes therapy, consultations with doctors, hormones, medication, or surgery for those over the age of 18. **Over 98% of people receiving gender-affirming care do not experience regret.**

- Gender-affirming care is associated with **low rates of patient regret**. A review of 27 studies, pooling 7,928 transgender patients who underwent gender-affirming surgery, revealed only **1% of those receiving care reporting regret**.<sup>1</sup> By way of context, approximately **20% of people regret their knee replacement surgery**, and the **regret rate across all surgeries is approximately 14%**.<sup>2</sup>
- Doctors do not prescribe gender-affirming medical care without thorough screening to avoid treatment for those who do not need it.
- Gender-affirming care is associated with **high rates of patient satisfaction**. Studies reveal **better mental health outcomes and an increased quality of life for 87-100%** of those undergoing surgical transition.<sup>3</sup>
- Unfavorable postoperative outcomes are associated with a **late, rather than early, start** on gender-reassignment surgery.<sup>4</sup>

Do not restrict life-saving gender affirming care for the overwhelming majority of youth who need it.

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<sup>1</sup> Bustos VP, Bustos SS, Mascaro A, Del Corral G, Forte AJ, Ciudad P, Kim EA, Langstein HN, Manrique OJ. Regret after Gender-affirmation Surgery: A Systematic Review and Meta-analysis of Prevalence. *Plast Reconstr Surg Glob Open*. 2021 Mar 19;9(3):e3477. doi: 10.1097/GOX.0000000000003477. Erratum in: *Plast Reconstr Surg Glob Open*. 2022 Apr 28;10(4):e4340. PMID: 33968550; PMCID: PMC8099405.

<sup>2</sup> Bourne RB, Chesworth BM, Davis AM, Mahomed NN, Charron KD. Patient satisfaction after total knee arthroplasty: who is satisfied and who is not? *Clin Orthop Relat Res*. 2010 Jan;468(1):57-63. doi: 10.1007/s11999-009-1119-9. PMID: 19844772; PMCID: PMC2795819; Wilson A, Ronnekleiv-Kelly SM, Pawlik TM. Regret in Surgical Decision Making: A Systematic Review of Patient and Physician Perspectives. *World J Surg*. 2017 Jun;41(6):1454-1465. doi: 10.1007/s00268-017-3895-9. PMID: 28243695.

<sup>3</sup> El-Hadi, H., Stone, J., Temple-Oberle, C., & Harrop, A. R. (2018). Gender-affirming surgery for transgender individuals: perceived satisfaction and barriers to care. *Plastic Surgery*, 26(4), 263-268.; World Professional Association for Transgender Health. (2012). *Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People* [7th Version]. <https://www.wpath.org/publications/soc>

<sup>4</sup> Cohen-Kettenis, P. T., Schagen, S. E., Steensma, T. D., de Vries, A. L., & Delemarre-van de Waal, H. A. (2011). Puberty suppression in a gender-dysphoric adolescent: a 22-year follow-up. *Archives of Sexual Behavior*, 40, 843-847.