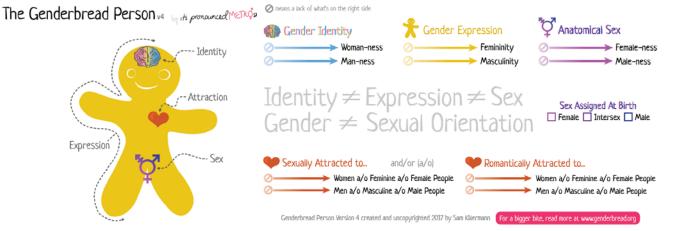
## Pelvic Pain in Transgender Patients



## Common presentations of pelvic pain in Trans Men

## Testosterone-induced vaginal thinning

- Symptoms: Burning/irritation, pain, painful intercourse, discharge
- Treatment: Vaginal estrogen replacement (will NOT impact masculinizing hormone therapy), vaginal moisturizers/lubricants
- Breakthrough bleeding & ovulation
  - Symptoms: Possible painful periods
  - Treatment: Change testosterone dose
- Cramping & painful orgasms
  - Treatment: NSAIDs (ex. Ibuprofen) with pain or before sexual activity, change testosterone dose, pelvic physical therapy, hysterectomy
- Pelvic floor muscle pain & pain around vaginal opening
  - Treatment: Pelvic physical therapy, dilator therapy, local topical lidocaine gel/cream
- Post-surgical pain & surgical complications
  - Treatment: Pelvic physical therapy,
    surgical management
    It is imposed.

Common presentations of pelvic pain in Trans Women (after vaginoplasty)

- Scar tissue formation bleeding and sometimes pain
  - Treatment: Remove tissue, topical steroids
- Nerve pain/clitoris pain/sensitivity
  - Treatment: Lidocaine gel/cream
- Pelvic floor muscle pain/painful dilation
  - Treatment: Pelvic physical therapy, Botox injections
- Loss of depth and width painful dilation
  - Treatment: Increase frequency of dilation, pelvic physical therapy, surgical revision
- Burning/discharge from bacterial overgrowth
  - Treatment: Douches with diluted vinegar, antibiotic gel
- Surgical complications
  - Treatment: Discuss with your doctor

It is important to talk with your doctor about which treatment options are best for you

Handout adapted from 2019 IPPS Annual Meeting Lecture: Pain in the Transgender PopulationHelena Frecker, MD, MSc(HQ), FRCSCObstetrician & Gynaecologist, Michael Garron HospitalAssistant Professor, University of TorontoUT Southwes

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