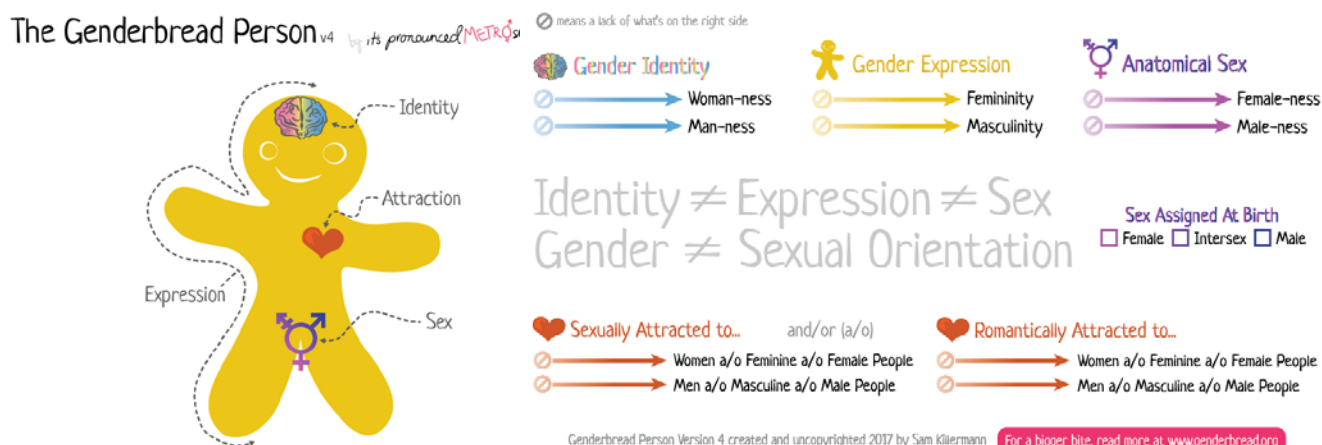


Pelvic Pain in Transgender Patients



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

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

