

Laser Removal

Laser removal is not covered by insurance (except for surgery prep). It is also the most effective option for many. It is not painful, but should be done by a professional. If it is not corrected, something wrong.

Columbus Aesthetic and Plastic Surgery in Columbus, OH - Good experience here, provided numbing cream, queer friendly

Jiva Med Spa in Columbus, OH - Heard others had great experiences and they sometimes offer discounts

Patti Johns in Parkersburg, WV - I had a bad time here, the tech was not very knowledgeable and it was super painful. Some people swear by it though



Scrubbing Your Deadname

Keep your court order document safe as some places will want to see it or a scan. Sneaky places are health insurance & credit bureaus. They should each have processes outlined. The three credit bureaus are Equifax, Experian, and TransUnion.

Changing Your Gender Marker

You can do this while you change your legal name to save time/money. To change your gender on your Ohio birth certificate, a "Correction of Birth Record" order is needed from a probate court. The BMV needs a "Declaration of Gender Change" form signed by a mental health professional who can affirm your gender.

Resources / Guides

-EquitasHealth(.com)




Runs free online or in-person legal clinics to help people with paperwork

-TransOhio(.org)

Offers microloans to cover legal expenses!

-ACLUOhio(.org)

Multiple online how-to guides on the legal process to change your name and gender marker

Local Queer Projects

Swarm of Dykes: A group of radical queers, organizing for the people's collective liberation. Also taking up projects such as Peach Pit, skill workshops, and other social spaces.

Come build local trans community! Hang out, share resources, and help each other navigate being trans in Athens! (@trans.psa on insta)

Help The Young Democratic Socialists of America in Athens make the city a sanctuary for trans folk! Show up to meetings and give your input! (ohio.ydssa@gmail.com)

Look for a potential new zine library at the UCM this spring! Donate any you read or made, and take any that interest you! (Built by Swarm of Dykes)

Facial Feminization Surgery

Make sure you go to a surgeon with years of experience. You don't want to be a practice dummy for a novice doctor. Look for before/after results, consult multiple options & only choose a doctor you are confident will do a good job.

- Dr. Cyrus Rabbani at University Hospitals in Cleveland - Had a consultation, seems like a good option
- Dr. Leslie Kim at OSU Wexner - she was rec'd but as of June 2024 was not taking new patients.
- Dr. Sarah Liu at Cleveland Clinic - Had a consultation, she seemed knowledgeable but only had 2 years independent practice & 30-ish FFS procedures.
- Dr. Ali Totonchi at MetroHealth - Had a consultation. Very experienced but I had a difficult time communicating with him and we were not able to get on the same page about what I wanted and what he could do.

General Surgery Tips

Realself(.com) is a good website to look at reviews with before/after results. Another resource is the Transgender Surgeries subreddit (r/Transgender_Surgeries). You can google your insurance's requirements for coverage.

Letters for Gender Affirming Care, & Accommodations

David Steinberger, Cleveland Therapy Group (david@clevelandtherapygroup.com)

He is a queer leftist and very cool

Breast Augmentation

Insurance generally requires at least 1 year of HRT & a letter of support from a mental health professional. With good insurance it ran about \$1200. Intensive recovery was 2 weeks.

Dr. John Wakelin, Columbus Aesthetic and Plastic Surgery (CAPS) - Great surgeon! Very happy with results

Athens

Local's Guide to Your Legal and Physical Transition

Updated 1/22/25

What is This?

The Transfem Guide to Athens Series is a project by and for trans folk in Athens who are trying to navigate all aspects of daily life. All information is from firsthand testimonials of local trans people. The vast majority was from and directly compiled by Red which steered the direction of these zines, but some details came from a number of other queer people.



-Link to zines created by trannyrevolutionathens@proton.me

Speech/Voice Training

Formal - OU Speech

- Takes insurance
- Great experience! Much better than videos
- Located in Grover Center, room W174
- #740-593-1404

DIY - Online Videos

youtube.com/@TransVoicLessons

- Highly recommended! Especially her playlist
- Hours of helpful content

Primary Care

O'Bleness

(55 Hospital Drive)

Dr. Sarah Cremeans

- Great and queer! Best doctor ever

Dr. Wallace

- Had a good experience with them

Dr. Booker

- Also recommend, I had a decent time with them

Therapy

Need help finding affirming therapy?
Contact the email on the back page asking for help and be forwarded to Red! Her dad is a psychologist in Ohio and can provide recommendations for queer-affirming therapists based on....

- Insurance,
- Location,
- Need for telehealth,
- Etc

(Requests will be anonymized)

Want to look for yourself?
Psychology Today lets you search with many parameters (www.psychologytoday.com/us)

HRT Through Insurance

Planned Parenthood on 4116 West Union. It's informed consent so you can just make an appointment. Your primary care doctor can prescribe it, make sure they're knowledgeable about it and some will also refuse.

Other places:

Dr. Williamson, Dr. Spencer, and Dr. Cremeans at OClinic in Athens
- "Accepting, receptive service that gives you what you need as quick as possible"
Are only open on Wednesdays though

Jane Balbo at Hudson Health, OU Campus
- Dr. Balbo shows extended knowledge of trans identities, and I feel very comfortable in their office. The only issues I had accessing hormones were due to insurance/pharmacy.

Name Change Guide

Requirements:

- Be a permanent resident of Athens for at least 60 days
- Have a non-dorm address
- Your birth certificate

Locations:

- Probate court
1 South Court St., 2nd Floor
- Chase
2 S Court St
- Hocking Valley Bank
7 W Stimson Ave
- Social Security Office
743 E State St
- BMV
1002 E State St #21

Hair Removal Alternatives

- Electrolysis - The only other permanent hair removal solution. Each hair follicle is removed and zapped with an electric pulse to kill it. It works but is extremely slow & really expensive.

- IPL (Intense Pulsed Light) - They're like laser devices at home. Most reviews from people that aren't selling them say that they do not work well and can cause burns & scars

- Shaving - multiblade razors are expensive and they often suck. I have a better experience with a butterfly safety razor (I like Weishi), it costs \$20 and blades are fairly cheap. For your chin and upper lip, foil razors are your best friend and will last a lifetime!!

Name Change Guide: Steps

Get a legal name change form

- Go to probate court
- Go past the security checkpoint, they will scan your bag and have you go through a metal detector
- Fill out the form, but do not sign it without seeing a notary

Meet with a notary

- Banks have them during business hours, just ask the front desk
- Chase requires an account, but not Hocking Valley Bank

Pay the fee (\$120ish) and submit

- The Athens Probate Court waives court and publishing requirements
- The court order can come as soon as a week after submission

Name Change Guide: Steps Cont.

Take the order to the Social Security office

- They will process the name change, but it can take a while for the Ohio BMV to get the information

Go to the BMV & get a new driver's license

- Bring the court order, Social Security card, and proof of residency

IMPORTANT NOTE

- Athens county has recently began requiring background checks which has not been added to this guide yet