



WPATH Timeline Guide for United States Armed Service Members Going Through Transgender Hormonal or Surgical Transition

This guide is intended to assist in determining relative deployability of transgender service members during hormonal and surgical transition. Customization of the specific treatment plan should be discussed by the medical provider and the service member informed by duty requirements and the below timeline guidance.

The timelines for transgender surgical interventions and recovery should be expected to mirror similar procedures with existing guidelines. Therefore, timelines for recovery from surgical procedures are not different for transgender service members relative to non-transgender service members. Existing guidelines for chest reconstruction surgeries and major pelvic surgeries in general should be referenced when determining the timeline of the treatment plan.

During medical transition, determination of deployability can be aided by recognizing treatment and monitoring needs along with anticipated changes in function attributable to hormones.

For transgender men and women the key needs during transition are simple and straightforward. When initiating cross-sex hormone therapy, transitioning transgender service members will require access to laboratory testing approximately every 3 months along with access to providers appropriately trained in hormone care approximately every 3 months. For those who have initiated hormonal treatment prior to enlistment, a baseline laboratory assessment should be obtained, and retesting done annually.

For transgender men, the timeline for monitoring hormonal transition can be anticipated to range from 6 to 12 months. It is during that period that the every-3-month monitoring and medical provider access would be required.

For transgender women, the timeline for monitoring hormonal transition can be anticipated to range from 6 to 18 months. It is during that period that the every-3-month monitoring and medical provider access would be required.

Subsequent to achieving steady state hormone levels, the monitoring requirement for both transgender men and transgender women should be anticipated to decrease to annual laboratory testing along with annual access to providers appropriately trained in hormone care.

Hormone therapy is not known to be associated with changes in cognitive function. Similarly, behavioral function is not known to vary when levels of circulating sex steroids are in the normal ranges for either men or women.

Strength does correlate with testosterone levels such that there is risk that some transgender women might require accommodation for decreasing strength during the period between the initiation of treatment but prior to the formal shift to female physical standards.

Quick Reference: Timing of Medical Interventions for Transgender Service Members

Intervention	Transgender Men	Transgender Women	Notes
Initiating hormones	Baseline lab report	Baseline lab report	
Monitoring hormones	3 month intervals for first 6 to 12 months (2 to 4 iterations of lab reports), to achieve normal male levels of testosterone.	3 month intervals for first 6 to 18 months (2 to 6 iterations of lab reports), to achieve normal female estrogen levels, and monitor testosterone suppression.	
Monitoring after steady state hormone levels are achieved	Annually	Annually	
Monitoring when hormones were initiated before enlistment	Baseline lab report; annually thereafter.	Baseline lab report; annually thereafter.	
Surgical interventions	Chest reconstruction may be done any time; if hormones are initiated first, optimal timing is 6 months after hormone initiation. Genital reconstruction earliest time is 12 months after hormone initiation.	Breast surgery should not be done before 18-24 months of hormone use, to first establish maximum breast growth using hormones alone. Genital reconstruction earliest time is 12 months after hormone initiation.	Timing of these procedures should be determined on an individualized basis, in consultation with the patient and in consideration of duty requirements