

Deciding what surgery you want or even if you want any surgery is a deeply personal process. So many things can affect your choice, your understanding of your gender, societal or familial expectations on your body, your relationship to sex, disabilities, ect. Some surgeries can be done in prep for another, some are not always associated with gender, and some are covered in a veil of stigma. Staying informed on what is available to you can change your expectations as you go on your transitioning journey.

*A little  
guidance*

# *Gender Affirming Surgeries*

## *Contact*

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# Plastic Surgery

Plastic surgery is concerned with improving the function or appearance of parts of the body through reconstruction. The face is the most socially judged part of our bodies, so it is important we deconstruct these views before we make meaningful choices. That said, there is no shame in doing something to make you more comfortable in your skin.

Facial feminization surgery is the most common form of "cosmetic surgery" within trans communities. Estrogen affects face shape, but it is often far less effective if you start hormone therapy later in life. It is made of various procedures such as adam's apple reduction, forehead reduction, chin/cheek and jaw reshaping, lip flip or filler, and much more. Obviously, everyone will want different things, and very few want everything. There is also facial masculinization surgery, which can include forehead lengthening, reshaping the nose and chin and adam's apple construction. It is important to remember that anything that says reduction will involve shaving away bone, and things that say reconstruction might involve it, which can be very hard to heal from.

# Trans Fem Surgeries

## Genitals

There is a lot of confusion around trans feminine bottom surgery, and despite the cultural perception, there is no "the surgery" but many different options.

Orchiectomy, removal of the testicles. This stops testosterone production, so you must be on some form of hormones. When getting a vaginoplasty or vulvoplasty, this surgery is included. One day at the hospital and regular strenuous activity within two weeks

Vulvoplasty, the penis and scrotum tissue is turned in to a vulva, including the labia, clitoris and shorted urethra. Four to six days in the hospital and regular activity within six to eight weeks.

Vaginoplasty, construction of a vulva and vaginal canal from the penis and scrotum tissue. Unlike vulvoplasties, for three to six months before the surgery, you must undergo either electrolysis or laser hair removal for the skin to become internal. You need will to use a dilator twice a day for 30 minutes the first year and once to twice a week for the rest of your life. This vaginal canal will not be self-cleaning, so douching will become a regular part of hygiene for the rest of your life. Six to eight days in the hospital, three to four weeks of reduced activity and regular strenuous activity within eight to ten weeks.

## Chest

Going on estrogen will produce breast growth, changing shape and sensation. Not all trans people will be happy with the proportions hormones give them and may wish for chest feminization surgery. While the reshaping can be done through liposuction implants, silicon or saline are far safer. They will also likely change the nipple position slightly. You will go home the same day and be able to resume regular activity after six weeks.

# Trans Masc Surgeries

## Genitals

Many people are not even aware there is an option for trans masculine bottom surgeries partly because of the historical dangers involved. With medical leaps, it's now a very different landscape.

Hysterectomy, the removal of the uterus and ovaries, stops estrogen production. You will need to be on some sort of hormone, and some surgeons require you to have been on testosterone for a year to shrink the uterus. One day in the hospital and two weeks till regular activity.

Metoidioplasty, the separation of the clitoris from surrounding tissue and placement of urethra inside, done after one to two inches on bottom growth. Allows you to pee while standing. One to two nights in the hospital and four weeks till regular activity.

Phalloplasty, the creation of a phallus from tissue elsewhere on the body. Split often in to three surgeries, one, tissue graft and attach the new phallus, two, five months later you connect the urethra, remove the vagina and create the scrotum, three, testicles and erectile device are implanted. All the surgeries have very different recovery points and cannot be estimated by anyone but your doctor.

## Chest

Top surgery is the most common form of gender-affirming surgery so let's not beat around the bush and get right in to it.

Double incision, two incisions are made at the natural pectoral height, and all breast tissue is removed, sometimes including liposuction. This is the most common form of top surgery. DI can be done on pretty much any chest type, though certain people may need more revision. You will wear a compression garment for two to three weeks and return to most activity in 8 weeks.

Breast reduction. Certain people may not want complete removal of the breast tissue for various reasons, including wanting to appear to have a natural chest while plus-sized. It can change the amount of skin, tissue, shape and size of nipples, etc.. No nights in hospital are needed, and a month till regular activity.