

PATIENT EDUCATION HANDOUT

Gender Transitioning: Medical Options

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Gender transitioning is a process taken to become the gender you best identify with on the inside. Pharmacological and/or medical procedures occur to transition from a male-to-female or female-to-male, which can take months to years. During this time, it is essential to have a reliable social support system when going through this change.

There are three main steps to transition from one gender to another. First, living day to day in the gender you identify with, i.e., changing your clothes, hair, breast binding, breast/buttock padding, genital prosthesis and/or genital tucking. Second, using pharmacological therapy, i.e., hormones, after a minimum of three months of being in the newly identified gender. Third, having gender affirmation surgery after at least a year of taking hormones.

MEDICAL OPTIONS FOR GENDER TRANSITIONING

Female to male

- Speech therapy to help you feel comfortable in your newly identified gender role.
- Surgical
 - Chest surgery to remove breasts
 - Creating a male chest via placement of pectoral implants
 - Genital surgery to remove the uterus, ovaries and fallopian tubes
 - Surgical removal of the vagina
 - Surgical creation of a penis:
 - Surgical creation of a penis by taking hormones to enlarge the clitoris and using skin flaps from certain part of your body such as the forearm or thigh.
 - Other surgical procedures can include liposuction and lipofilling

Male to female

- Speech therapy to help you feel comfortable in your newly identified gender role
- Surgical
 - Chest surgery to create breasts via implants
 - Genital surgery to remove the penis and testicles
 - Surgical creation of a vagina
 - Other surgical procedures can include thyroid cartilage reduction, liposuction, lipofilling and hair removal

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