

# BREAST AUGMENTATION

Breast augmentation is a procedure that women go through to increase the size of their breasts by the placement of saline or silicon implants. No procedure is ever required to be trans, and many transwomen don't feel the need to have breast augmentation. A person however must be over 18 before they are eligible for surgery.

Transwomen who choose to affirm their gender with hormone treatment, will at some point

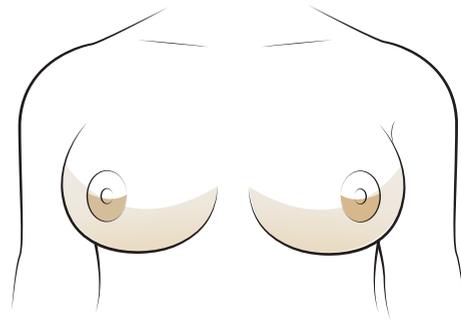
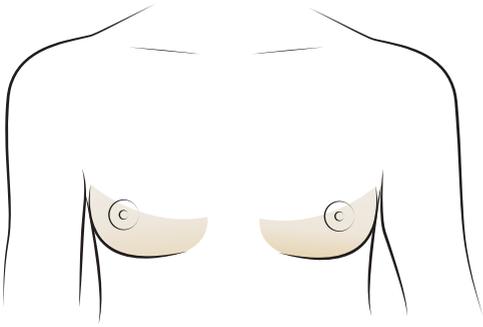
Anecdotally, transwomen report breast development two sizes smaller than their nearest female relative or relatives, with age also being an important indicator. Put another way, the average breast

likely consider whether breast augmentation is the right step for them. This is due to the way that hormone therapy brings on a second puberty, changing the body's secondary sexual characteristics. For transgender women that includes an increase in breast tissue, and a change to areola and nipple sizes. Because hormone therapy is effectively overlaying a second puberty on a first, transwomen do not have breast development comparable to a person who has gone through a first female puberty.

size of cis-women in Australia is a C cup and transwomen might expect to develop into an A cup breast size. Research into breast development in transwomen is however limited and there is a lot that is anecdotal.

What studies have been done say that approximately half of transwomen will see little breast development even after one year of hormone therapy.

**For many transwomen however breast augmentation is an essential step towards overcoming gender dysphoria and important on their journey of transition.**



## WHAT DO I NEED TO KNOW?

The main issues that trans women need to consider with breast augmentation is **timing, cost, recovery** and **care**.

### TIMING

Breast development from hormone treatment usually takes about one year, with most breast growth occurring within the first six months. Plastic surgeons have different views on the best time into hormone treatment to consider breast augmentation, however it is not recommended that you seek augmentation before 6 months.

## COST

Breast augmentation in Australia is not covered by medicare. On average the cost for breast augmentation can cost between \$7000 and \$10,000. This would include the cost for the surgeon and their staff as well as a minimum number of nights staying in hospital to recover. Other factors include the cost of travel if the surgeon isn't local, hotel stay, as well as one or even two weeks recovery time away from work due to the nature of the surgery and the need to remain immobile while healing.

## RECOVERY

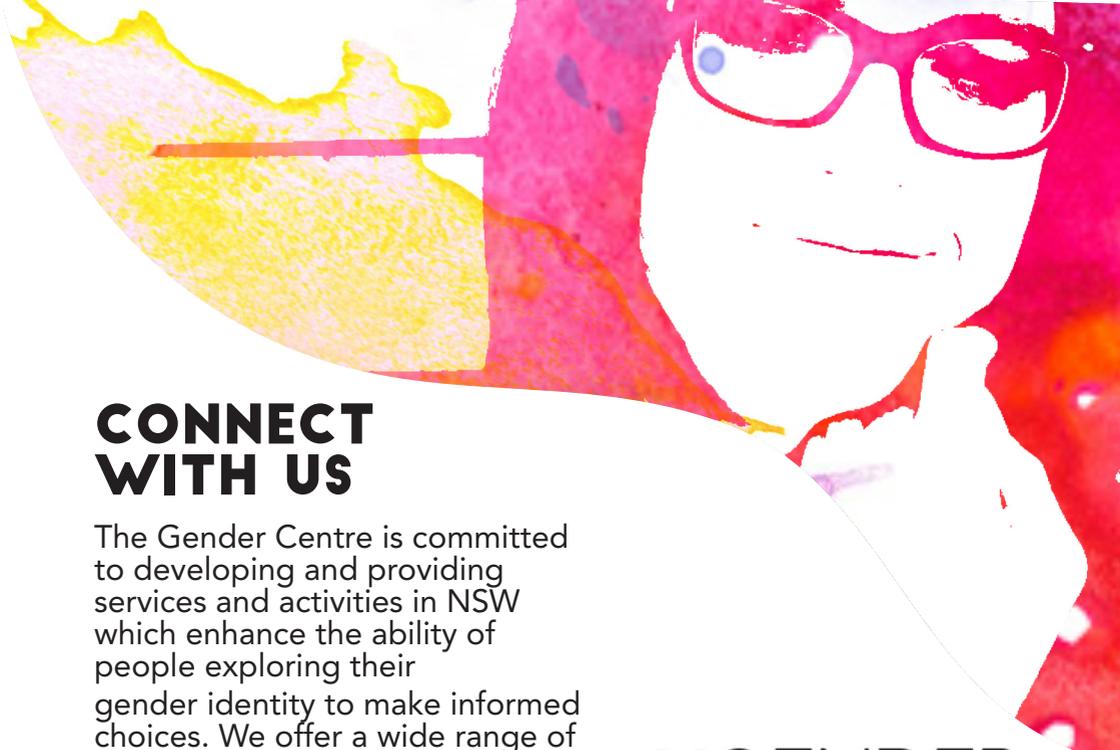
To get the best from your surgery it is important to have a realistic idea of the time that it takes to recover from surgery. While recuperating you will be extremely limited in how you can move. During the procedure the surgeon will place the silicon breasts by making an incision either at the sides of the breast or under the breast site. Either way healing will require as little movement through the arms as possible. Your surgeon can explain the procedure in more detail and the steps to recovery. It is important to listen and follow the advice of your surgeon and/or surgical team. Injuring the surgical site through over use will lead to more healing time.

## CARE

Once your surgeon has cleared you to be more mobile it will still be important to take care of the surgical site for weeks if not months after. It is important to follow your surgeons guidance, and to ease back into regular life carefully. Not taking adequate time to heal, not taking care of the wound, and not taking it easy can potentially lead to pain and complications.

## INSIGHT

It's very important to do your research and to discuss your plans and expectations with any potential surgeons. The Australian Society of Plastic Surgeons has more detailed general information about breast augmentation on their website as well as a list of surgeons. You can visit ASPS [here](#). Another potential source of information on trans specific surgery in Australia are other trans people and you can contact the Gender Centre on 02 9519 7599 for any advice on your best options.



## **CONNECT WITH US**

The Gender Centre is committed to developing and providing services and activities in NSW which enhance the ability of people exploring their gender identity to make informed choices. We offer a wide range of services to gender explorers, their partners, family and friends in NSW. We provide:

**PSYCHOLOGICAL SERVICES  
VICTIM OF CRIME ADVOCACY  
YOUTH AND FAMILY SUPPORT  
INFORMATION AND REFERRALS  
COUNSELLING  
ADVOCACY  
GROUPS  
ACCOMMODATION  
STREET OUTREACH  
CASE MANAGEMENT  
SPEECH PATHOLOGY  
NEEDLE SYRINGE PROGRAM  
HIV AND HEP C TESTING (DBS)**

**THE GENDER  
CENTRE  
INC**

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