

# FACIAL FEMINISATION SURGERY

Facial Feminisation includes hormonal and surgical steps that transgender and gender diverse (TGD) people undergo to more completely align with their sense of gender. However, no procedure is ever required to be TGD, and many trans feminine people don't feel the need to undertake hormonal treatment or surgery. A person must be over 18 before they are eligible for surgery.

Fem identifying TGD people who choose to affirm their gender with

Hormone treatment does not affect underlying bone structure however. Thus facial feminisation surgery (FFS) can be medically

hormone treatment, will at some point likely consider whether facial feminisation is the right step for them. This is due to the way that hormone therapy brings on a puberty-like change to the body's secondary sexual characteristics. For transgender women on oestrogen therapy, this often includes softening of the skin, smaller pores and less oil production. Oestrogen therapy will also change the amount and distribution of fat on the face, usually giving rounder more feminine facial features after six months to a year.

necessary to treat gender dysphoria in many TGD fem identifying people and in helping TGD people integrate socially as women.

# COMMON PROCEDURES

**BROW LIFT** Eyebrows are lifted into a higher more feminine position.

**RHINOPLASTY** Standard rhinoplasty is used reduce and feminise the nose.

**CHEEK IMPLANTS** Cheekbone implants can feminise cheek shape.

**LIP LIFT** The distance between the opening of the mouth and the base of the nose is shortened to replicate a shorter cis-feminine face.

**LIP FILLING** Cis-women often have fuller lips. Filling is used to create this.

**CHIN CONTOURING** Reducing and rounding the chin.

**JAW CONTOURING** Rounding, narrowing and reducing jaw width.

**ADAM'S APPLE REDUCTION** The trachea is shaved to reduce size.

**ASSOCIATED PROCEDURES** General beautification and rejuvenation procedures are often used.

## WHAT DO I NEED TO KNOW?

The best way to understanding the timing, cost, recovery, and care involved in Facial Feminisation is to contact a reputable plastic surgeon with extensive experience in TGD surgery. It's also highly recommended that you talk with other members of the TGD community about their experiences. As note above, there are a long list of FFS procedures on offer. It's important to consider what your realistic goals are for surgery.

## **TIMING**

Feminisation from hormone treatment usually takes about one year, with most fat redistribution occurring within the first six months. Plastic surgeons

have different views on the best time to consider FFS, however it is not recommended that you seek augmentation before 1

year.

## **COST**

Anecdotally, TGD people report various rates of successes when it comes to facial feminisation. While there are a number of surgeons in Australia, many Australian TGD people seek surgery for facial feminisation overseas. FFS surgery in

Australia is not covered by Medicare and older TGD people, or TGD people with underlying health conditions are often restricted in their option of FFS. All told FFS is very expensive, and depending on the procedure surgery, travel, recovery and accommodation can easily be over \$30,000.

## **RECOVERY**

Recovering from FFS can take months and will require you to plan in advance. The first days and weeks after surgery you will

need bed rest and access to your doctor and their team. In considering cost its essential that you factor in adequate recovery time.



## **CARE**

Proper care for any surgical sites, and following your doctor's instructions are essential to reduce recovery time and to gain the maximum benefit from surgery. Like hormone therapy, any kind of surgery has long term considerations for health, both physical and mental. Hormone therapy and surgery are frequently a solution to relieving the pain and distress of gender dysphoria. However these therapies don't address the social anxiety, depression and trauma from discrimination that trans people frequently also experience. It is important to be mindful of all aspects of your post surgery recovery and care.

## **INSIGHT**

It's very important to do your research and to discuss your plans and expectations with any potential surgeons. 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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