

Adult Feminizing Gender-Affirming Surgery

What You Should Know

What is Gender Affirmation?

Transition is the process an individual goes through as they begin to live and express their gender. Gender affirmation refers to the social, legal and medical steps a gender-diverse person takes to express their gender. Gender affirmation is unique to each person and varies between people who use the same words to describe their gender.

Gender affirmation may involve a person:

- changing their name and the pronouns they use,
- changing the way in which they dress,
- changing legal records to reflect their gender identity,
- getting medical care to help their body better reflect their gender identity.

What is Adult Feminizing Gender-Affirming Surgery?

A gender-affirming surgery (GAS) changes the body's look to be more in line with a person's gender identity. Gender-diverse people who want to add to the feminine look of their body can select many types of feminizing surgeries. GAS surgeries can be performed on the chest (top surgery), the pelvic region (bottom surgery), the face and other body parts. You may hear many terms to refer to GAS (i.e. surgical transition, gender confirmation surgery, gender reconstruction surgery or sex reassignment surgery). There are choices for GAS and people may choose to have one or many surgeries. Each surgery has its own healing time. Unexpected problems can also happen during healing and may impact the final outcome of the surgery. There are many choices for GAS.

While many gender-diverse people choose to get GAS as part of their gender affirmation, others choose not to. If a person wants to have GAS, it is important to be in good

mental and bodily health before GAS. People are unique, so it is best to talk to a doctor about what is right for each person.

Questions to Think Over about GAS

People should consider certain factors when thinking about GAS, such as:

- How will GAS impact self-image and sense of self?
- What are the goals for GAS, in terms of appearance and function?
- What are the possible results of GAS?
- Will existing health issues impact the success of GAS?
- Will having children be changed by GAS?
- Will there be access to support groups before and/or after GAS?
- How will getting, or not getting, GAS affect the safety of the gender-diverse person?
- How much out-of-pocket cost may not be covered by insurance?

Questions to Ask Your Doctor about GAS

The below questions may help people talk about health care choices for GAS.

- o How much experience do you have with each type of GAS?
- o Will you share pictures showing results of patients who have had GAS?
- o How will GAS impact intercourse and orgasms?
- o What choices are there to preserve fertility?

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- o How will my personal health history impact GAS choices for me?
- o How long is recovery for GAS?
- o How are hormones changed before and after GAS?
- o Will I still need prostate specific antigen (PSA) tests after GAS?
- o How should I care for my body after GAS?
- o How much will each type of surgery cost me?
- o If I choose GAS, what should I do to prepare?
- o Where does surgery take place?
- o What steps do I need to go through with your GAS program to have surgery?

About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

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This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always talk to a health care provider before you start or stop any treatments, including medications. For more information, visit **UrologyHealth.org/Download** or call 800-828-7866.