FACIAL FEMINIZATION SURGERY (FFS)

Surgical Name: Facial Femization Surgery
Hospital Admission: 3 nights
Duration of Operation: Atleast 4-5 hours
Anesthetic: General Anesthesia (GA)
Recommended stay following surgery: 14 days

Introduction

Facial feminization surgery (FFS) is a group of reconstructive surgical procedures that alter the male facial features in order to feminize and beautify the face to support your true gender. FFS can include various bony and soft tissue procedures such as forehead contouring, hair line advancement, forehead lift, brow lift, full face lift, rhinoplasty, chin and cheek augmentation, chin and mandible angle contouring, lip enhancement, adam’s apple reduction, and other associated procedures. Clients who are seeking to have this procedure may have one or more of the following feelings or conditions that may indicate a need for lipofilling:

- Clients who have a large, square shaped face
- Clients who have rectangular hairline
- Clients who have a heavier, flatter and lower eyebrow
- Clients who have a broader and wider nose tip
- Clients who have prominent chin
- Clients who have bulging adam’s apple

Pre- Surgery Instructions

Fasting is required in any surgical procedure performed under general anesthesia. The client is advised not to eat or drink anything atleast 8 hours prior to surgery. If there is no fasting instruction given, the client must not take any food or drink from midnight before her scheduled surgery. Clients who do not comply this requirement may result to surgery being delayed or cancelled.

Please remember the following:

- NSAIDS drugs and Aspirin must be avoided for atleast 2 weeks prior to surgery. If you are taking Aspirin or any type of blood thinning medications for a medical condition, please notify your Plastic Surgery Thailand surgeon to give you a proper advice.
- Generally it is best to continue any blood pressure or blood sugar medications. These can be taken with a sip of water in the morning of surgery.
- Smoking should be stopped atleast 3-4 weeks prior to surgery. If you have been smoking for long time, and you have difficulty quitting, cut back as much as possible.
- Drinking alcohol must be ceased a day or two before surgery.
- Do not wear makeup, jewelries and hair accessories containing metal such as hairpins or clips on the day of surgery.
- Nail polish and Acrylic Nails are not allowed and should be removed prior to surgery.
- If you develop an illness right before surgery, please notify your Plastic Surgery Thailand surgeon.
Our team will thoroughly evaluate your medical history to check for conditions that may delay the surgery or the healing process.

**The Procedure**

The procedure usually takes at least 4-5 hours and you are required to stay in hospital for at least one night.

Stage 1 – Induction of Anesthesia: General anesthesia or intravenous sedation will be administered. If you are allergic to a certain type of anaesthesia, please notify your Anaesthesiologist right away.

Stage 2 – Surgical Procedures:

- **Hairline Advancement Surgery:** This surgery is performed to correct the normal male temple recession to give a more rounded female hairline by lowering the hairline and reducing the height of the forehead.
- **Forehead Reduction (Forehead Contouring):** This is one of the most common facial feminization procedures which is performed to contour the excess bone over the brow and to elevate the eyebrow to create a more feminine arch.
- **Brow Lift:** This procedure is performed to raise the eyebrows to create a more womanly appearance. It is commonly performed in combination with a forehead lift and contouring.
- **Rhinoplasty:** This procedure is to refine, narrow and make a smaller nose to create a dramatic feminize nose appearance.
- **Cheek and Chin Implant:** The male cheek and chin is usually broad and flat, this procedure will create a more prominent and refined female facial appearance. Incision are generally made inside the mouth.
- **Chin and Mandible Angle Reduction:** This procedure is to create more elegant, oval and softer feminine appearance.
- **Lip Enhancement:** An additional procedure is recommended to make the lips more fuller and to produce an aesthetically-pleasing female lips.
- **Tracheal Shave or Adam’s Apple Reduction:** It is one of the most common surgical procedures performed on transsexuals. The upper portion of the thyroid cartilage is reduced to create a more feminine neckline.

Stage 3 – Closing the incisions: The incision site will be stitched with fine suture with/or metal clips. Temporary drains may be placed by your Plastic Surgery Thailand surgeon prior to closing your incisions to prevent blood and fluid accumulation. These drains will be removed during a follow up visit after your surgery. A padded, supportive dressing is usually applied.

**Post-Surgery Instructions**

Waterproof plasters are placed over the incision sites. Clients are advised to keep them dry and clean at all times. If the plaster get wet or soak with body fluids or blood, please contact your Coordinator and ask for advice.

You will be provided with set of medications which includes antibiotics, pain killers, anti-inflammatory etc. Please follow the instruction on when to take your medications. Do not drink alcohol while you are on antibiotics.

The non-dissolvable stitches will be taken out on the 12th or 14th day post op. While dissolvable stitches takes time to disappear which is usually around 6 weeks.
What to expect following face surgery:

- Swelling can be expected in any face procedures and this usually subsides in 3-4 months. Cutting back salt, proper hydration and light exercises such as walking can help to reduce swelling. If you experience sudden swelling in the days after your surgery, call your Coordinator.
- Bruises after face lift are to be expected and this will improve over time. If you still have some discolorations after several months, notify your Plastic Surgery Thailand surgeon.
- All face procedures will leave a permanent scar behind. However the scar can be improved with the use of scar gels or scar creams.
- Strenuous activities, heavy lifting and cardio exercises should be avoided for atleast 6-8 weeks. Recommendation when to resume specific exercises and activities must be asked directly to your Plastic Surgery Thailand surgeon.

You should contact your Coordinator if you experience severe pain not relieve by medications, any unexpected symptoms, such as burning sensation or unusual swelling and high fever.