Transgender body surgeries

Overview

Sometimes you may find consuming hormones and hard exercise huge a challenge to keep you in a perfect feminine shape. To eliminate the challenge, body plastic surgery can be your effective solution. The surgery will amazingly improve and feminize your body as the same way as genetic woman transgender body surgery. Our medical team and doctor expertise will provide you with expected result and perfect solutions including surgical procedures, risks and realistic result that patients will receive.

Transgender body procedures

Liposuction

Liposuction is a method of body sculpting, body contouring or "spot-reduction" involving removal of excess, unsightly fat from specific areas of the body. Liposuction can be done in abdomen, hips, buttocks, back, thighs, knees, calves, ankles, upper arms, jowls, cheeks and neck. Sometimes, liposuction is performed as the first step in a fat transfer procedure such as the Brazilian butt lift, fat grafting to breasts or a stem cell face lift. In these cases, fat is removed via liposuction, processed and then re-injected into another area of the body. Following surgery, a snug dressing of elastic gauze may be applied over the entire treated area to promote skin shrinkage to conform smoothly to the shape of the underlying tissue.

Result

A liposuction can enhance your shape since the suctions fat cells are permanently gone. However, if a patient does not maintain a proper diet and exercise regimen, the remaining fat cell neighbors could still enlarge, creating irregularities.

Patients with localized deposits of fat, who are also overweight, must be willing to accept a greater possibility of contour irregularities and poor skin redraping in exchange for looking better in clothing. An older individual with loss of skin elasticity may require surgical removal of excess skin as a secondary procedure to achieve maximum results.

Pre-operative care

- No meal and water during the night before surgery
- No Aspirin for 2 days before surgery
- No smoking for 2 days and a month after surgery
- No vitamin E oil 1 for day before surgery

Post-operative care

After the surgery, pain that can be controlled by medication may be applied for several days. Numbness or discomfort may be experienced for vary periods of time.

A patient who was admitted to a hospital will be released 1 day following the operation. The protective bandages or corset-like garment often are removed within a week of surgery. However, to further proper skin shrinkage, you may be asked to wear a long-legged girdle for 2-3 months.
Some swelling and skin discoloration will exist, but usually will subside within 3-6 weeks or several months after the surgery. There is a possibility that skin over the treated area will have a rippled or uneven effect. If surface imperfections such as skin dimpling (often called cellulite) are present before surgery, they will remain after it. In some cases, permanent sagging of the skin may occur when the fat removed from the area exceeds the capacity of the skin to contract.

**Possible side effects**

**Bruising** can be painful in the short term, and should fade away after a few weeks  
**Swelling** can subside gradually over a month or two  
**Scars** will appear vary in sizes depending on particular procedures and should gradually fade away over the weeks  
**Pain** will be temporary and controlled by either medication or by a prescription  
**Numbness** possibly persists for a few weeks  
**Limited mobility** will depend on the exact procedure

**Abdominoplasty (Tummy tuck)**

Also known as abdominoplasty, a tummy tuck removes excess fat and skin, and in most cases restores weakened or separated muscles creating an abdominal profile that is smoother and firmer. The most common causes of this includes:

- **Aging**
- **Significant fluctuations in weight**
- **Heredity**
- **Prior surgery**

Although the results of an abdominoplasty procedure are technically permanent, the positive outcome can be greatly diminished by significant fluctuations in your weight. For this reason, individuals who are planning substantial weight loss may be advised to postpone abdominoplasty surgery. In addition, tummy tuck operations cannot correct stretch marks, although these may be removed or somewhat improved if they are located on the areas of excess skin that will be excised, generally the treated areas below the belly button.

**Result**

Your abdominoplasty procedure will result in a flatter, firmer abdominal contour that is more proportionate with your body type and weight.

The final results may be initially obscured by swelling and your inability to stand fully upright until internal healing is complete.

Within a week or two, you should be able to stand tall and be confident of your new slimmer profile.

**Pre-operative care**

- **No meal and water during the night before surgery**
- **No Aspirin for 2 days before surgery**
- **No smoking for 2 days and a month after surgery**
- **No vitamin E oil 1 day before surgery**
Post-operative care

Following your surgery, dressings or bandages may be applied to your incisions, and you may be wrapped in an elastic bandage or a compression garment to minimize swelling and to support your abdomen as it heals.

A small, thin tube may be temporarily placed under the skin to drain any excess blood or fluid that may collect to minimize swelling after tummy tuck surgery.

Risks & complications

Possible abdominoplasty risks include:

- Unfavorable scarring
- Bleeding (hematoma)
- Infection
- Fluid accumulation
- Poor wound healing
- Skin loss
- Blood clots
- Numbness or other changes in skin sensation
- Anesthesia risks
- Skin discoloration and/or prolonged swelling
- Fatty tissue found deep in the skin might die (fat necrosis)
- Major wound separation
- Asymmetry
- Recurrent looseness of skin
- Pain, which may persist
- Deep vein thrombosis, cardiac and pulmonary complications
- Persistent swelling in the legs
- Nerve damage
- Possibility of revisional surgery
- Suboptimal aesthetic result

2.3 Buttocks augmentation

2.3.1 Buttock Implants

A surgical procedure will define or increase the size and shape of the buttock area. A part of the body not easily enlarged, shaped by weight training or diet is the buttocks region. There is a variety of different buttock implants in case a patient wishes to enlarge, lift, and shape the buttock mounds. The decision for the shape and size of the implants is made depending on each individual desires and general body types. It is guided by the surgeon’s personal experience. Buttock implants are very soft, SOLID SILICONE implants and are completely unlike breast implants, which are soft, FLUID-FILLED sacks.

Generally, anyone in average physical condition or good health can be a candidate for buttock augmentation surgery.

Result - what it can really do?

Buttock enhancement using butt implants have proven effectively in enhancing the size and shape of patients’ rear ends. Patients who feel their buttocks lack shape can be given a more prominent and sensuous backside.
Pre-operative care

- No meal and water during the before surgery
- No Aspirin for 2 days before surgery
- No smoking for 2 days and a month after surgery
- No vitamin E oil 1 day before surgery

Post-operative care

A patient may feel uncomfortable for the first several days. It is difficult to turn in any position to get comfortable.

The taped dressing that is applied during surgery to provide compression and support is usually removed within two to three days following surgery. At this time the patient can take showers and begin to move around normally. The results can be seen immediately; however, the buttocks look more natural and become softer as the muscle stretches during the several months after the surgery.

Full activities including gym work, bicycling, and running can usually be resumed about four weeks following the surgery. It may take up to six or eight months for patients for get back to a normal stage.

Risks & complication

Like any surgical procedure, buttock augmentation does carry the risk of complications. Bleeding or nerve and muscle damage rarely occur. Butt implants could also shift and can be asymmetrical. Patients may experience side effects of the anesthesia. The buttock augmentation procedure stretches tissues and may cause pain, particularly when placed beneath the muscle. This pain can be managed with medication and should improve with time. Infection, especially when implants are placed through a buttock crease incision, is a risk that must be closely monitored. Your surgeon will provide postoperative instructions on how to keep your incision site clean.

2.3.2 Brazilian Butt Lift (Fat injection)

The brazilian butt lift is a type of butt augmentation procedure which results in a youthful, prominent, perky buttocks and a more sensual body profile. The surgeon removes fat from selected areas of your body, purifies the fat, then reinjects selected donor fat cells into your buttocks. The process of fat reinjection involves scores or hundreds of injections. The procedure is designed to fill the upper quadrant of your buttocks so that the butt appears lifted and perky. The resulting effect is that the woman appears more attractive and sensuous.

Result - what it can really do?

The doctor will recommend butt implants over the brazilian butt lift ONLY IF you are really tiny and have no body fat stored in your abdomen. If you have enough donor fat, the doctor prefers to augment the butt using fat injections-the brazilian butt lift. This method results in the most natural and sensual look for the buttock area. He only recommends butt implants if you are very tiny with no fat in your stomach or flank area. The fat transfer method has a lower risk of infection compared to the butt implant procedure.
How Long do Brazilian Butt Lift results last?

Many providers say that if it's performed correctly, Brazilian butt lift procedures can yield permanent results. The biggest factors that can alter a patient’s results can include changes in weight, body composition or body fat percentage. Over the years, there's also a chance that some of the original injected fat will be reabsorbed slightly back into the body.

Pre-operative care

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- No smoking for 2 days and a month after surgery
- No vitamin E oil for 1 day before surgery

Post-operative care

Following either the brazilian butt lift or the butt implants procedure, you must not sit directly on your buttocks for up to three weeks. This ensures for a permanent result. Most people can return to work in 2 weeks. You must wear a special garment (to control swelling) for two weeks. There may be a small amount of swelling for up to 6 weeks. However, you should be able to resume all normal activities at 4 weeks post op.

Risks & complication

Side effects from Brazilian butt lifts may include loss of sensitivity or numbness, bruising, swelling at injection site or from the liposuction, temporarily puffy or irregular skin, and slight oozing at injection site.

Patients with health conditions

Estetica Thailandia has experienced with special health condition patients which are considered as high risk group in the past. From our extensive experience, it has been proved that patients with special health conditions, such as overweight, overage patients and parents with HIV, are not obstacles for a surgery as long as the patients remain healthy to undergo the surgeries

- **Overweight** – overweight means Body Mass Index (BMI) is more than 30. Some medical clearance tests are required before your departure. Some hospitals/doctors will apply some extra-charge on GRS package for the extra post-operative care.
- **Age more than 50 years** – Some medical clearance tests are required before your departure such as routine test and stress test.
- **HIV+** - The patient must have CD4 value more than 200. An extra charge 30% of the original price will be applied for disposable medical supplies for a HIV positive patient.

The package price excludes any personal and other additional expenses beyond surgical fees and packages caused by a patient. This includes personal medical treatments/analysis for pre-existing illness.
Booking surgery with Estetica Thailandia

Step 1 – Getting a personalized cost estimation

Please fill-in our form in contact us page or write us an e-mail to info@transgendersurgerythailand.com. You can add some questions or your special requirements. Estetica Thailandia will email you the cost estimation within 3 business days.

Step 2 – Surgery booking request

You will need to prepare and submit the following documents to us:

- **Passport copy**: should be valid at least 6 months from your departure date.
- **SRS letter (if any)**: A letter from a psychiatrist states you are a candidate for SRS.
- **HIV test result**
- **Surgery booking form**: Please fill in our booking form and provide us as much as possible information regarding drug allergy, your medical history, your expectation, your favorite food/activities etc.

Step 3 – Flight reservation

After having received a surgery date confirmation from us, you can start making your flight reservation. You may check flight availability prior starting step 1. Since this trip is your medical trip, please consider a direct flight or short transit time flight in order to make sure that you will have a comfortable flight on the way back after surgery.

Step 4 – Planning your itinerary

Estetica Thailandia will make a draft of your itinerary from the first day to the last day in Thailand. This program includes pre-operative consultation, surgery day, post-operative check up, Bangkok visit program at your choice and so on. You can discuss with us about your special requirements, we are pleased to make this more than just a surgery trip 😊

Step 5 – Hotel reservation

You can make a hotel reservation by your own or we can do this for you. We have special rates with hotels close by our clinic which makes you a much convenient trip.

Step 6 – Q&A then GO!

Please feel free to ask us anything regarding your trip, we are here to answer you all upcoming questions 😊