Transgender breast augmentation

Overview

Estrogen can significantly change breast size and shape in some MTFs. While breast growth starts soon after taking estrogen, it is slow and gradual, and it typically takes two or more years for breasts to reach their maximum size. If you can take hormones, it’s recommended that you wait at least 12 months, to give your breasts time to develop with hormones. Hormonal development will help your nipples grow, and will also stretch out the skin of your chest so you can have a more natural looking implant. Implants look more natural if they’re used to augment existing breasts, rather than implanted into a flat chest.

Some MTFs can’t take hormones for medical reasons, don’t want the side effects of hormones, or just want breasts without the other effects of hormones. Implants can be an option if you can’t take hormones. You will need to work with the surgeon to find a size that will look balanced with your nipples, as they will still be small. Breast surgery can be done as a first (or only) step in surgery, or after you’ve already gone through other types of SRS (e.g., genital surgery). MTF breast augmentation is usually done as a single surgery, but in SRS programs where there is a team of surgeons working together, it can be done at the same time as genital surgery to reduce the number of times you have to go through general anesthetic.

For MTFs who want larger breasts or a change in breast shape, implants can be inserted through an incision under the breast, in the armpit, or around the nipple.

Augmentation incisions

1. Peri-areolar
2. Inframammary
3. Transaxillary

Candidate should come to the consultation prepared to discuss some important information as following:

1. Types of breast implant
2. Texture of Silicone shell
3. Breast implant shapes
4. Placement: Subgrapndular/Submascular
5. Size of breast implants: 100 cc. - 1000 cc.
6. Incision Approach: Transaxillary(underarm), Nipples, Areolars

Risks and possible complications of breast implants

All surgery that involves general anesthetic is a serious medical procedure. With any surgery there is a risk of blood clots (which can be fatal) or a negative reaction to the anesthetic. Surgeons, anesthetists, and surgical nurses are experienced in preventing problems and responding to any emergencies that happen during surgery.
After you’re discharged from the hospital, to prevent blood clots move around as much as feels comfortable, and drink plenty of water.

Possible complications specific to breast implants include:

- **Capsular contracture**: thickening and contraction of the scar tissue that naturally forms around the implant (some scar tissue is normal; an excess can be a problem)
- **Lopsided breast size, shape, or position** (one side looks different than the other)
- **Lopsided placement of the nipple** (one side looks higher than the other)
- **Wrinkling of the skin over the implant**: more likely if you are thin or your breasts haven’t developed well after hormones
- **Problem with the implant**: leakage, rupture, infection, or coming out of the body
- **Change in sensation to nipples/breast skin**: less sensation or more intense sensation

Pre-operative care

- All medical condition and medications such as dietary supplement and allergic medicines must be disclosed to the surgeon prior to the surgery.
- Patient’s congenital disease must be informed to surgeon in advance.
- Food and water should be fasted at least 6 hours before the surgery.
- It is advisable not taking certain anti-inflammatory drugs e.g. Aspirin, Ibuprofen and Vitamin E 10 days prior to the surgery.
- Sport bra similar size to the patient’s breast after the surgery should be prepared.
- Patient of aged more than 35 years is advised to check their circulatory system, kidney system, Electrocardiography (EKG) and X-ray lung.
- Smoking should be stopped 2 weeks before the surgery and 4 weeks after the surgery.

Post-operative care

- 2 days after the surgery, patient’s breast will be wrapped in gauze dressings. Later, the candidate is able to take a shower as usual.
- After removing stitches, the candidate is advised to wear a support bra to keep the breasts from moving.
- The candidate is required to message breasts gently to decrease the risk of capsular contracture around silicone shells and to help make breast look so natural. On the first week after the surgery, massaging the breast 15-20 minutes 3-4 times a day. Later, massaging the breast 15-20 minutes 1-2 times a day. Once the breast becomes to look so natural, it is advisable not to massage the breast too hard as severe infection may occur.
- It is advisable not to do strenuous activities about 2 weeks.
- Medications as prescribed should be followed.
- Frequent breast massaging should be done at least 6 months in order to prevent capsular contractor.

Result

Surgically augmented breasts typically look and feel different than non-implanted breasts. Augmented breasts tend to be further apart, firmer, and rounder than naturally developed breasts. This is particularly true for MTFs
or non-trans women who get implants later in life, as their breasts have not gone through the age-related process seen in non-trans women without implants (with age the skin stretches and the breasts droop). Additionally, MTFs often have larger chest muscles and a wider chest than non-trans women. Working with a surgeon who understands how MTF skin, muscle shape, and breast development is different than in non-trans women can be helpful in deciding on an implant shape and technique that will get the result that looks and feels like you want it to.

Booking Breast Augmentation 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 sends 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.
- **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 include 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 on internet or let us do this. We have special rate with hotels nearby the clinic.

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 😊