NONMEDICAL/NONSURGICAL BODY CONTOURING AS GENDER AFFIRMATION

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DISCLOSURES

• There are no financial disclosures or conflicts of interest with materials in this presentation.

• Please note language used in this presentation is not inclusive of all gender diverse patients, specifically when relating to genitals or reproductive organs. Always ask how patients feel most comfortable describing their genitals.
LEARNING OBJECTIVES

• Identify indications for nonmedical/nonsurgical body contouring interventions
• Recognize products used for body contouring
WHAT ARE WE TALKING ABOUT?

• Any intervention that affirms one’s gender identity but does not involve medical or surgical intervention
• Socially and individually driven – No regimen or protocol
• Provide safety and confidence
• Bridge to medical/surgical interventions
PADDDING/SHAPEWARE

- Enhancing or diminishing curvature of the body for a more feminine, masculine, or androgynous shape.
- Hip pads, gluteal pads, corsets, breast forms or breast plates, spandex shapewear
BINDING

- Compression of chest tissue to achieve a flatter contour and more masculine or androgynous appearance

- Technique:
  - One or multiple sports bras
  - Athletic compression shirts
  - Commercial binders
    - Brands: Underworks, Gc2B, Flavnt, Peecock
    - $25-$45 cost per item
    - Athletic tape - stretchy and breathable
BINDING CONSIDERATIONS

- Skin - AVOID elastic bandages, plastic wrap, duct tape, full circumference binding
- Binder care – hand or machine wash, no bleach, air dry
- Wear time – no more than 8 hours per day is best, should be off at least as much as it is on
- Sizing – should fit snuggly but still be able to breath and move, if need to wear during exercise or sleep, one size up
- Exercise – athletic tape or sports bra preferred over binder
- Surgical considerations – skin breakdown could delay top surgery
TUCKING

• Concealment of penis and testes for feminine genital contour

• Allows safe navigation of spaces in feminine attire and improved fit of feminine clothing

• Technique
  1. Push penis and scrotum back between legs and secure with undergarment made of spandex, Lycra or microfibre
  2. Push the testicles back up into the inguinal canal, push scrotum and penis back or wrap scrotum around penis push back and secure with tape or gaff
PACKING

• Practice of using prosthetics or any padding materials to enhance external genitalia and give more masculine appearance

• “Packer” or prosthetic penis held in place with tight fitting underwear, jockstrap or specialty harness
  • Customizable- size/length, skin tone, circumcised or not, some have testicles, some can be used for sexual penetration, some can be used to stand and urinate, some designed to be attached to the body with medical adhesive
STAND TO PEE (STP)

• Any device that allows the user to stand during urination
• May have the dual purpose of both a packer and a STP
• Not easy to use and prone to spill urine when not used properly. Encourage patients to practice in shower first
• Some devices marketed to cisgender women to use when camping or outdoors.
PROVIDER CONSIDERATIONS

• May cause dysphoria to disrobe for physical exams
• If surgeries are contraindicated, have an extensive waitlist, or hormones need to be stopped, reaffirm the use of these interventions
• Normalize the use of these interventions
• Be mindful when doing skin assessment
• For pediatric patients, navigating school and sports can be challenging
HAIR REMOVAL
TEMPORARY AND AFFORDABLE METHODS

• Shaving – most popular
• Plucking or Threading
• Waxing – lasts 6-8 weeks
• Chemical Depilatories - marketed as either feminine or masculine, most effective on light, fine hair
HAIR REMOVAL - LASER

• Beam of light targeted at the hair follicle, pigment in the follicles absorb the light which destroys the hair
• Dark hair, lighter skin tones have the best results and fewer complications
• Long term hair reduction
HAIR REMOVAL - ELECTROLYSIS

• Probe inserted directly into hair follicle which delivers electric currents which destroy the hair root
• Not pigment dependent
• Multiple, longer sessions and higher price
• Most permanent type of hair removal
RESOURCES

• Wikihow.com

• http://www.phsa.ca/transcarebc/care-support/transitioning/bind-pack-tuck-pad

• https://pointofpride.org/

• https://www.gc2b.co/

• https://transguys.com/features/tp
QUESTIONS & DISCUSSION
THANK YOU FOR JOINING US IN THIS COURSE

Rochester, Minnesota

Phoenix, Arizona

Jacksonville, Florida