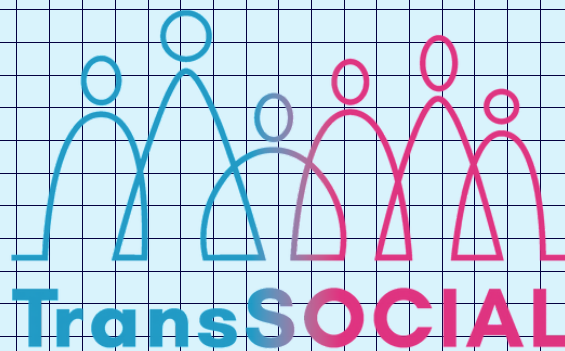


TRANS MASC GUIDE



Some helpful tips for early
transitioning

By Beaux Ramos

Welcome to The Beginning of Your
Journey!

Where to begin

Transitioning means something different to every trans person. For some of us, it may even mean no physical transition at all. For others, gender dysphoria shows itself as a need to physically transition to feel comfortable in our bodies and to reflect how we feel inside. No matter what, there is no set direction to take once we have found ourselves, but whatever your first step is we will be here to help along the way.



How We Can Help

We can help you get started in a number of different ways:

- HRT
- Insurance for surgery
- Competent Doctor referrals
- Therapy
- Community Support
- Legal Representation for insurance denials

P.S.

This guide is a broad overview of general information on different steps you can take to affirm your gender identity. Please feel free to reach out with any specific questions you may have that are not covered here!



COMING OUT

(If you want to)



Coming out experiences vary for each individual, and there is no one right way to come out.

Honestly, the best support we can usually find is through other transgender or nonbinary individuals. Community can also be found in trans/gnc led support groups and organizations, as well as understanding cisgender allies.

Online communities like Gender Spectrum, Trans Lifeline, The Trevor Project can provide additional support.

What you choose to do in terms of "coming out" is totally up to you.

Some people change their name, start hormones, get top and bottom surgery, cut off their hair, stop wearing "feminine" clothing or makeup, and begin voice masculinization procedures. None of these things are necessary to be trans, only how you identify.

Personal safety and comfort are paramount, and you can choose when, how, and to whom you come out. Having a support system in place can be helpful. TransSOCIAL will always be willing to help not only in your transition, but to offer community and support during this time

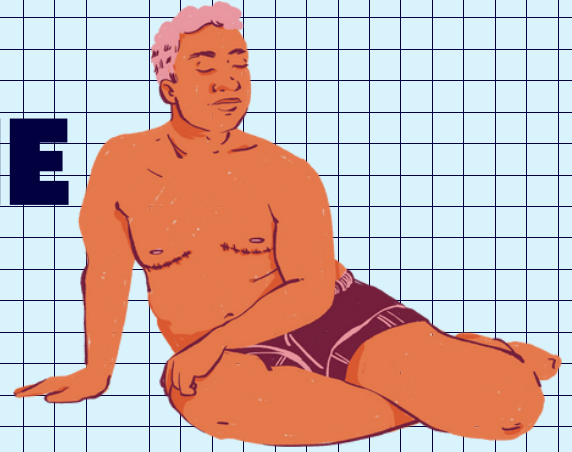
Remember coming out can be a gradual process, and people's acceptance and understanding may take time, this does not devalue the importance of who you are. You don't have to come out to anyone in particular if it doesn't feel safe or necessary, but it may be required when seeking gender-affirming treatments.



COMING
OUT

TESTOSTERONE

(And Finasteride)

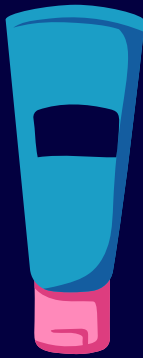


Testosterone Overview

When starting hormone therapy, consider your goals and discuss them with your provider. Hormone therapy isn't one-size-fits-all. You can choose a higher or lower dose based on your desired effects. Remember, changes depend on genetics, age, and health, and it takes time, similar to puberty. Higher doses don't guarantee faster changes and can be risky. Individual variations in medication and dosage are normal. Be cautious of claims promising quick results. Your body's response relies more on genetics and age than specific details.

Finasteride

In addition to testosterone, if you are searching for less drastic effects, you can include Finasteride, which specifically targets dihydrotestosterone (DHT), and will likely slow or decrease secondary hair growth, and may slow or decrease clitoromegaly as well, which may be a goal for certain individuals.



Physical Changes

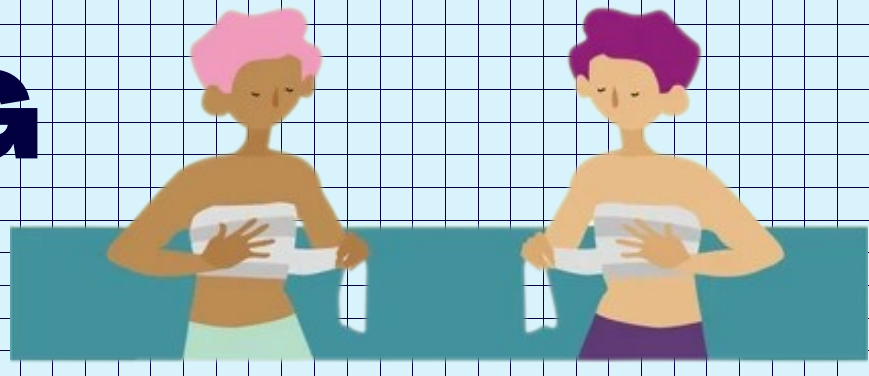
- Skin changes: Thicker, oilier skin, larger pores, increased oil production.
- Body odor and sweat: Changes in odor, increased overall sweating.
- Acne: Possible development, manageable with skincare and treatments.
- Chest changes: Minimal changes, wait before top surgery.
- Weight redistribution: Fat reduction around hips and thighs, increased muscle definition.
- Facial changes: More angular appearance, decreased facial fat, possible subtle bone changes.
- Muscle mass and strength: Increased with diet and exercise.
- Voice: Vocal chord thickening, potential voice deepening, vocal techniques may help.
- Body hair: Thicker, darker, faster-growing hair on chest, back, arms, varying patterns.
- Scalp hair: Frontal thinning, potential male pattern baldness, treatments available.
- Facial hair: Varies between individuals, may develop over time or vary in thickness.
- Sensory changes: Altered touch, perception of pain, temperature, taste, and scents.
- Periods may become lighter, delayed, or shorter.
- Testosterone reduces but doesn't eliminate the risk of pregnancy.

Administering

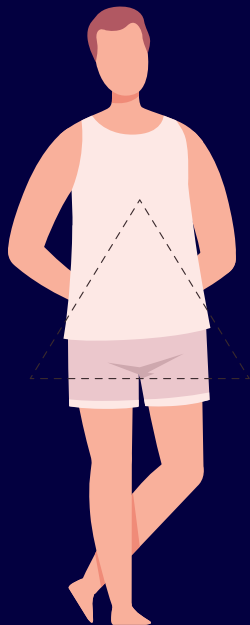
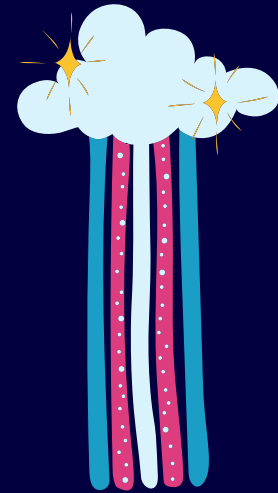
- Forms of testosterone include injections, gels, patches, pellets, and oral pills.
- Injections are typically given weekly, with subcutaneous injections being as effective as intramuscular injections.
- Gels and patches can be applied daily and allow normal activities.
- Pellets are inserted every few months through a minor procedure.
- Oral testosterone pills are available but require careful monitoring due to potential risks.
- Taking more testosterone does not expedite changes and can lead to side effects or complications.
- Excess testosterone may cause mood symptoms, bloating, cramping, or menstruation.
- Estrogen blockers are generally not used in masculinizing hormone therapy.
- Progestagens may be used to regulate the uterine lining if periods persist.



BINDING



- Avoid using duct tape and ace bandages as they can damage your skin, restrict breathing, and cause rib injuries.
- Kt (Kinesiology) tape can be used to bind the chest, but don't wrap it all the way around your body.
- Give your body a break by not binding while sleeping, as it can crush chest tissue and restrict breathing. Limit wearing a binder to 8-12 hours at a time.
- Practice breathing exercises and stretch your arms and chest when not binding.
- Avoid getting a binder that is smaller than your size, as it can cause injury and discomfort.



- Regularly wash and air-dry your binders to prevent irritation.
- Sew a piece of fabric along the bottom of your binder if it tends to roll up around the waist.
- Layer shirts when binding, starting with a tight-fitting base layer and gradually looser shirts. Use moisture-wicking fabric for sweating.
- Consider wearing a sports bra or athletic compression shirt as alternatives to binders, depending on your chest size and comfort.
- Binders offer more compression and are available from companies that cater specifically to transmasculine/non-binary individuals. Some companies include Underworks, The Tool Shed, Moms Designs, Nouvelle, T.Kingdom of Taiwan, The Double T, Esha, and Danae.
- Make sure to measure the fullest area of your chest to determine the appropriate size for a binder.

Layering Shirts:

- Start with a tight-fitting base layer shirt.
- Each next shirt should be looser as you layer.
- Use button-up shirts as the final layer to conceal your chest.
- Consider moisture-wicking fabrics for sweat control.

Sports Bra:

- Wear a sports bra under a shirt or layer shirts over sports bras.
- Choose sports bras with higher Lycra content for better compression.
- Visit a sporting goods store to try them on if possible.

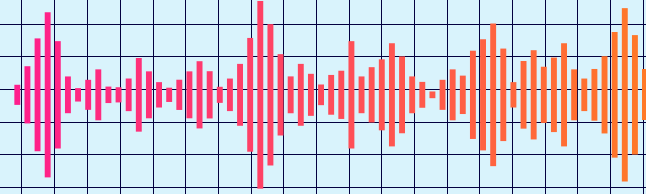
Athletic Compression Shirt:

- Made of of Spandex or Lycra.
- Absorbs sweat
- Better for individuals with less chest tissue.
- Folks with larger chests may consider a medical compression shirt or binder.

Binder:

- Binders provide enhanced compression compared to previous methods.
- Initially designed for post-surgery breast tissue recovery, but now available for transmasculine/non-binary individuals.

VOICE MASCULANIZING



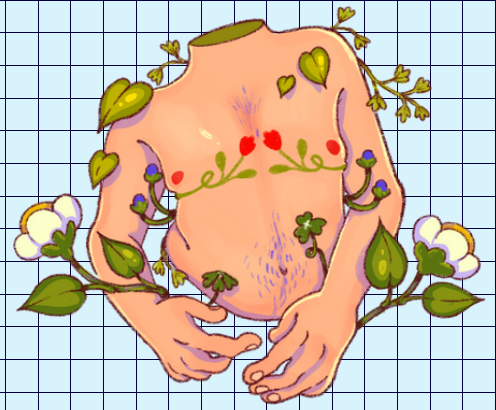
Overview

- Testosterone can deepen and thicken the voice to some extent, but results vary.
- Some folks may not take testosterone, and FTM training can still help achieve a deeper voice.
- Masc voice training focuses on depth, control, and musicality.
- Depth may not meet expectations for everyone, and old habits can interfere with new vocal changes.
- Control over the voice can be challenging during or after rapid and drastic changes, and training helps regain control.
- Singing may require different techniques as vocal structures change with transitioning.
- FTM training adapts techniques to maximize the potential of the changing voice.

Surgical

- If you are unsatisfied with voice training or hormone results.
- Pre-operative assessment includes videolaryngostroboscopy and spectrum-acoustic study.
- Surgical technique involves reducing laryngeal diameter and shortening vocal folds for a deeper, lower-pitched voice.
- Post-op care: vocal rest, hydration, and follow-up exams.
- Rehab is recommended to learn proper use of your new voice.
- Results are seen between the 3rd and 8th month after surgery.
- Lifestyle changes, such as avoiding certain foods and drinks, may be recommended to prevent acid reflux.
- Recovery time varies depending on voice usage needs.
- Risks and complications include scarring, infection, hematoma, edema, pain, hoarseness, and limited voice changes.

TOP SURGERY



Overview

- Top surgery is sought by many trans individuals presumed female at birth to remove breast tissue and sculpt the chest into a more masculine form.
- Binding can cause complications, so top surgery can improve physical and psychological well-being.
- Criteria for top surgery includes gender dysphoria, informed consent, age of majority, and controlled medical/mental health concerns.
- Different surgical techniques include double incision with nipple grafts, periareolar, keyhole, inverted-T, and no nipple procedures.
- Patients should be referred to a mental health professional for support and assessment.
- Private health insurance can help cover costs in in the U.S. Please let us know if you need health insurance, as we can provide assistance.
- Post-surgery, patients may wear binders or vac seals, receive post-surgical care, and may require additional treatments such as aspiration or physiotherapy.
- Emotional support is important as patients adjust to their new body, and scar treatments can be considered based on individual preferences.



Post-OP Tips

- See if your surgeon offers a vac seal instead of ace bandages and binder, it is much easier to heal with
- You will not be able to do much of anything for about 10 days post-op.
- Mederma quick dry oil is great for day cream
- A wedge pillow will help with sleeping upright
- A zip up hoodie/vest will help with clothing that does not require lifting arms
- Vitamin C, Vitamin D, and Zinc help with moving along the healing process
- Straws will help with drinking
- Try as much as possible to not buckle/unbuckle your own seatbelt for teh first few weeks
- walk as much as possible - 2 miles a day once you can start moving around
- keep out of the heat and sun for at least a month
- Arnica tablets help with bruising and swelling
- Remember- do not reach for anything beyond arms length - T rex arms !



BOTTOM SURGERY



Overview

- Bottom surgery is a gender-affirming procedure that involves altering the genitals to help trans folks to transition to their true gender identity.
- There are different types of FTM bottom surgery, including metoidioplasty, phalloplasty, hysterectomy, vaginectomy, and orchiectomy, each with its own advantages and considerations.
- The cost of FTM bottom surgery can vary based on the specific procedure, surgeon's experience, complexity, and additional factors, ranging from \$7,000 to \$30,000 or more.
- FTM bottom surgery carries risks such as infection, blood clots, nerve damage, fluid buildup, and potential cosmetic dissatisfaction. However, the benefits usually outweigh the risks, including increased comfort and confidence, improved sexual function, reduced gender dysphoria, and an enhanced quality of life.
- Remember that bottom surgery is a significant step, and it's crucial to take your time, have realistic expectations, and know that your decision is valid and supported. Seeking support from others who have gone through similar experiences can be beneficial during this time.



Post-OP Tips

- Slip-on shoes can be helpful to avoid bending down, which could strain incisions
- A donut cushion can relieve pressure and prevent complications from surgical site
- Avoid sitting for long periods to reduce pressure on the genitals
- Use adult washcloths and no rinse body bath/shampoo to keep your body clean
- Wound cleanser can be used to cleanse wounds
- Gauze can be placed over the catheter exit-site to absorb leakage and keep the area dry
- Mesh underwear allows airflow to the groin area
- Underpads can be used on beds/furniture
- Charles Archer underwear gives extra support for individuals with large girth phalluses.
- Bladder spasms can be prevented or reduced by taking medication, and avoiding spicy, carbonated, acidic, and citrusy foods that irritate the bladder.
- Medihoney is recommended to treat common wound complications, such as fistula, and should be used as advised by post-op phalloplasty patients and surgeons.

