

## Gender-Affirming Therapies and Key Terms

Non-Medical Gender-Affirming Therapy	
Binding	<i>Using tight-fitting sports bras, shirts, ACE bandages, or specially made binders to provide a flatter chest contour.</i>
Tucking	<i>Moving the testicles into the inguinal canal and penis and scrotum posteriorly in the perineal region to create a smooth crotch contour. Tight-fitting underwear or gaffe is worn to maintain the alignment.</i>
Packing	<i>Placing a penile prosthesis in one's underwear.</i>
Hair removal with electrolysis	<i>Use of an electric current with fine needle-shaped probe to destroy roots of hair follicles.</i>
Hair removal with laser technique	<i>Use of lasers to target dark, coarse hairs, with the goal of destroying the follicle and reducing future hair growth.</i>
Hormone Therapy	
Feminizing therapies (estrogen and antiandrogen therapies)	<i>Used to help with development of more feminine secondary sex characteristics and decrease masculine secondary sex characteristics.</i>
Masculinizing therapies (testosterone)	<i>Used to help with development of more masculine secondary sex characteristics and decrease feminine secondary sex characteristics.</i>
Surgical Gender-Affirming Therapy	
Masculinizing "top surgery," aka subcutaneous mastectomy with chest reconstruction	<i>Shaping of the skin and tissue of the chest to match the contour of a traditionally masculine chest.</i>
Feminizing "top surgery," aka breast augmentation	<i>Placement of implants underneath natural breast tissue and muscle to create a traditionally feminine appearance.</i>
Vaginoplasty	<i>A penile inversion procedure to create a vaginal vault between the rectum and urethra.</i>
Phalloplasty	<i>Typically, multiple-staged surgeries for creation of a neophallus using a flap usually taken from the arm or thigh.</i>
Metoidioplasty	<i>Creation of a smaller neophallus from hormonally enlarged clitoris; does not require flaps.</i>
Hysterectomy with or without salpingectomy and oophorectomy	<i>Removal of the uterus and sometimes ovaries and fallopian tubes.</i>
Orchiectomy	<i>Removal of the testes.</i>
Facial feminization or masculinization surgery	<i>Surgery of the face that includes various procedures to create a more traditionally masculine or feminine appearance to the face.</i>
Other Key Terms	
Transgender (or trans)	<i>A person whose gender identity differs from the sex that was assigned at birth. A trans man is someone with a male gender identity and female sex assigned at birth. A trans woman is someone with a female gender identity and male sex assigned at birth.</i>
Cisgender (or cis)	<i>A person whose gender identity matches the sex that was assigned at birth.</i>
Minority stress	<i>The stressful situations and experiences someone encounters based on their race, ethnicity, sexual orientation, or gender identity.</i>

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