A gender-affirming body contouring procedure is the surgical process of removing or re-contouring body fat to alleviate feelings of gender dysphoria or discomfort associated with the overall shape of the body and the distribution of body fat. For some trans women, as well as feminine-spectrum non-binary and gender-diverse folks, body contouring can be an important part of medical transition.

Feminized body contouring consists of two procedures. First, trunk liposuction is used to target fat that accumulates around the waistline and above the hips, resulting in more contoured body proportions and a more feminized waist shape.

The second component of trunk feminization is feminizing the buttocks. This is a process that harvests fat from the trunk area and then grafts that fat onto the buttocks region. This procedure can help create a more ideal WHR and a more round and full buttocks. This procedure can be performed at the same time as a trunk liposuction so that the fat harvested during the trunk liposuction can be grafted onto the buttocks area.

*Note on Waist-Hip Ratios: WHRs are defined as the maximum circumference at the hips/buttocks divided by the maximum circumference at the waist. For feminized body contouring, we generally aim for a WHR of 0.7 which is usually attainable using the procedures listed above.*

A note on hormones: Hormones usually do not substantially change the location and distribution of body fat, but they can make an impact. While Dr. Mosser does not require his patients to be on hormones, it is recommended that patients be on estrogen (and, if relevant, testosterone blockers) for at least one year prior to surgery because of the effect that estrogen can have on fat redistribution and gluteal shape.