

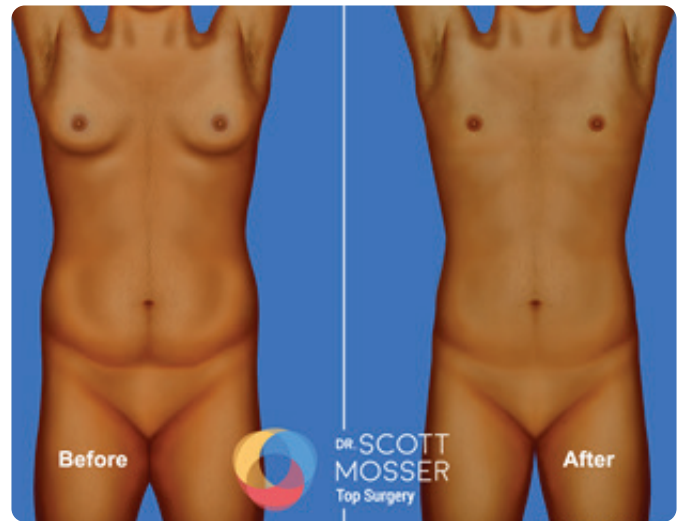
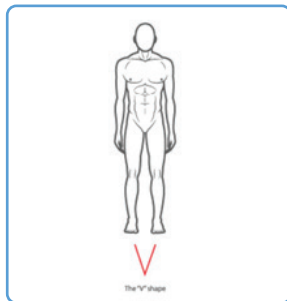
BODY CONTOURING: MASCULINIZATION

[HTTPS://WWW.GENDERCONFIRMATION.COM/INTRO-TO-MALE-BODY-SHAPE/](https://www.genderconfirmation.com/intro-to-male-body-shape/)

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 men, as well as masculine-spectrum non-binary and gender-diverse folks, body contouring can be an important part of medical transition.

The procedure used to contour the body to create a more masculine shape is FTM/N liposuction. Generally, FTM/N liposuction is used to reduce naturally-stored body fat in the areas of the body that are considered more feminine, namely the thighs, flanks, and buttocks.

In the before photo on the right, there is more body fat stored around the hips and belly that is removed to create a more ideal *Waist Hip Ratio of 0.9. The aim for FTM/N Liposuction is for a V-shaped torso, as seen in the image below.



**A 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 masculinized body contouring, we generally aim for a WHR of 0.9 which is usually attainable using the FTM/N trunk masculinization.*

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 testosterone for at least one year prior to surgery because of the effect that HRT can have on fat redistribution.