

BODY CONTOURING: NON-BINARY

[HTTPS://WWW.GENDERCONFIRMATION.COM/NON-BINARY-BODY-CONTOURING](https://www.genderconfirmation.com/non-binary-body-contouring)

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. While Non-binary specific body contouring is rarely discussed, there are viable ways to perform a gender-neutral body contouring procedure.

It's important to note that when someone is non-binary, genderqueer, or gender-expansive, their body is by definition also non-binary (with or without medical intervention). Non-binary body contouring can be for folks who feel that their body shape doesn't align with or reflect their non-binary gender identity.

When thinking about manipulating certain aesthetics of gender presentation, the goal of non-binary body contouring is to remove or reduce aspects that are either overtly feminine or overtly masculine. This is done by liposuction and/or fat grafting in the following areas of the body:

- Thighs
- Buttocks
- Abdomen
- Hips/flanks

If a non-binary person desires a more feminine body shape, we can do fat grafting and liposuction to aim for a silhouette we see in image A. In that image, line (a) shows an "S" shaped curve between the waist and hips, and (b) shows a more round and pronounced buttocks region.

Conversely, if the patient desires a more masculine body shape, we can work to create a more boxy body silhouette that looks more like image B. Line (a) here shows a straighter line between the hips and waist, and (b) shows a flatter buttocks.

Because the skeletal structures are limiting to this procedure, when doing non-binary gender-affirming body contouring, we work with every individual to design a plan that works for them. We also take into account the extent to which the patient's final gender form will be expressed, meaning we will discuss the ideals and expectations of non-binary body contouring at length.



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



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