*Adapted from “*[*Gender Neutral Results\_Working Doc*](https://www.dropbox.com/s/i20w4t72kda33af/%21%20Gender%20Neutral%20Results_Working%20Doc.docx?dl=0)*”*

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**Non-Binary Top Surgery; An Introduction**

This content is going to cover the fundamentals of gender identity and Dr. Mosser’s surgical techniques he has used with non-binary identifying patients. It’s a broad introduction that’s important to read prior to getting into the specifics of each procedure type.

**What is Non-Binary?**

In order to understand what non-binary is let’s start with some basic definitions:

* **Assigned Sex:** When an infant is born the physician will look at the genitals and determine the infant ‘male’ or ‘female’
* **Gender Identity:** Gender is not the same as assigned sex. Gender identity is an introspective experience and way of naming the gender one identifies with. This could be male, female, non-binary, genderqueer, genderless etc
* **Cisgender:** Means you identify with the sex you were assigned at birth
* **Transgender:** Means that you don’t identify with the sex you were assigned at birth
* **Gender Binary:** This is essentially a societal system that splits people into one of two set of gender roles, gender identities and physical attributes as either ‘male’ or ‘female’
* **Non-Binary:** Non-binary gender identity is any gender identity that does not fall exclusively within the binary of male or female

It is important to note that non-binary gender identities are not ‘new identities’ or new concepts and have been recognized throughout the world for a very long time. Folks who identify as non-binary may use they/them pronouns, however there are many other gender-neutral pronouns so it’s always [best to ask](https://www.genderconfirmation.com/blog/misgendering/) what someone’s pronouns are.

Transitioning (or aligning) as a non-binary person can be medical (taking hormones, getting surgery) or non-medical (using different pronouns, binding, changing hair or clothing style). Since gender is a spectrum someone who identifies as non-binary, genderqueer, agender etc. may express their gender neutrally, masculine, feminine, a combination of all or some of these. Despite current standards of care, there is flexibility in one’s medical alignment which is what Dr. Mosser wants to shed light on.

**What does a non-binary surgical result look like?**

Technically all aspects of anatomy are non-binary if someone identifies as such. What we’re exploring is finding congruence between one’s non-binary identity and a physical presentation to the world. There’s no one answer to this question, what Dr. Mosser can provide are examples of all available surgical options. This way the patient can make an informed decision on what surgical options may fit their needs.

With over 1,000 top surgeries completed as of the end of 2018, Dr. Mosser has a great deal of perspective on the variance of body types and the different outcomes patients may desire. With this knowledge comes a deeper understanding of what people may consider as having a binary (male or female) or non-binary (not strictly male or female) appearing surgical result.

You can think of gender-neutral top surgery results like we think of non-binary. There are a huge number of valid expressions of gender which fall within the broad category of non-binary. Similarly, there are a number of top surgery features where the result could be modified to a patients liking so they hold the results toward whatever it is that they personally consider to be non-binary.

It can get a bit confusing to think about all the different things in a top surgery result which can be modified and what it means to have a particular result look more male or more gender-neutral. Due to this the best way of discussing gender neutral results is to start with what might be considered the ideal binary male top surgery result. From there we can discuss its binary features and then how those features could be modified to an individual’s preference to express a more non-binary appearance.

[**Incisions and Chest Contours**](https://www.dropbox.com/s/oftrkreddubn0si/Non-Binary%20Incisions%20and%20Chest%20Contouring_D01.docx?dl=0) as well as [**Nipple and Areola Options**](https://www.dropbox.com/s/kfuas0o6zx527du/Non-Binary%20Nipple%20and%20Areola%20Options_D01.docx?dl=0) content is a great starting place in learning more about non-binary top surgery. It’s important to note that this content has been developed around the identities and surgical needs of the non-binary and gender-neutral patients that Dr. Mosser has seen at his practice and are not a representation of what all gender-neutral individuals may want.

**While exploring non-binary and gender-neutral content it’s important to keep in mind the following:**

* Gender neutrality is unfortunately limited by social constructs that are binary (male or female). What feels and looks like a non-binary surgical result to you may still be seen as ‘male’ or ‘female’ to others
* Surgical results that are more representative of a gender-neutral appearance will ideally allow for more flexibility and adaptation within our binary society which may help alleviate symptoms associated with gender dysphoria
* Although some folks chose surgery as a method of finding congruence in their gender identity, others do not which is a completely valid decision