



FTM - 2 Minute Guide to Transition

What is this?

This is a quick overview of all the possible steps you can take in your transition if you're FTM.

Changing your physical appearance without the use of hormones

Cutting your hair

Obviously if you've got long hair then it's usually harder to 'pass' as male without cutting it. Faux sideburns and cuts that aren't too tight on top are usually very masculine. Going bald or tight all over can sometimes accentuate your feminine features.

Binding

Some people use medical grade bandages to bind by wrapping them round their chest but these tighten when you stretch your chest to breathe and really aren't very effective.

www.underworks.com have double compression and tri-top binders which work well for binding long term. It's worth investing in one or if you're strapped for cash try here:

<http://www.thetransitionmale.com/Binders>

Packing

Creating a bulge in your trousers isn't necessarily hard or expensive. There are DIY methods and you can also buy them online.

Spirit gum beards

Fake facial hair can look just that, fake. Spirit gum (and remover!) can be bought from 'Make up forever' a shop on South William Street and is about a 10euro for a small bottle if you're really determined to try it.

Standing to pee

There are many devices you can buy (see here) but if you cut a largish circle of plastic, bend it into a tube and place it right you can often stand to pee at a urinal. It takes a lot of practice though.

<http://www.mangoproducts.net/products.htm#mango>

<http://djknowsdicks.com/index.html>

Starting Physical Transition – Hormones, Surgery etc.

Counselling

There are two main counselors in Ireland who specifically deal with gender identity issues and transsexuals, Dr. Lucy and Dr. James Kelly.

Dr. Kelly runs a private practice and you will have to pay but you don't need a referral letter. You can see Dr. Lucy on the public health system but it will take longer and you need a referral letter from your GP or another medical professional.

Contact info here:

Hormones

You need to see Dr. Kelly or Dr. Lucy in order to get a letter referring you for hormone treatment. The endocrinologist who works with transsexuals in Ireland is Dr. O'Shea and he operates out of Loughlinstown Hospital.

There are different ways of taking testosterone. Injection into the muscle directly and rubbing in daily via a gel are the main ways available here.

Testosterone can cause mood swings, acne and a raise in blood pressure. It can also cause increased sex drive, growth of facial hair, redistribution of fat and more. I suggest you check out this link which explains it in a lot more detail:

http://en.wikipedia.org/wiki/Hormone_replacement_therapy_%28trans%29#HRT_female-to-male

Top Surgery

There are a few types of chest surgery you can get. For smaller guys you may be a candidate for periareolar surgery. Which involves removal of the breast tissue through incisions around the nipples. Larger chested men will be more likely to get 'Double incision' which involves two scars and possibly grafting and re-sizing of the nipples. Pedicle techniques which keep the nipple attached (rather than removing and grafting) is also an option. For more info please see:

<http://www.transster.com/>

<http://groups.yahoo.com/group/ftmsurgeryinfo>

Bottom Surgery

Metoidioplasty

This surgery is largely dependant on the growth of the clitoris due to the effects of testosterone. The clitoris is released and moved. The labia can be implanted with prosthetic testes (usually made of silicone). Urethral lengthening is also an option.

Phalloplasty

Phalloplasty is the construction of a penis using other tissue from the body and the urethra is lengthened. Erectile prosthetics can also be added. See the above links for more info.

Prosthetics

Guys who don't opt for the lower surgery find a prosthetic can meet their needs

<http://www.ftmprosthetics.com/>

More Resources here:

<http://www.tgcrossroads.org/resources/list.asp?cat=Transition+Products+and+Services&subcat=FTM>

Please feel free to link people to this information but if you want to place it anywhere please do so with a link back to the TENI website and credit us.