

FFS FACIAL FEMINISATION SURGERY PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice)



Information For Patients

This booklet provides information to help you decide whether to undergo Facial Feminisation Surgery (FFS). It explains how the procedures are performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or support person before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is Facial Feminisation Surgery (FFS)?

Facial Feminisation Surgery (FFS) refers to a group of surgical procedures designed to alter facial features to create a more feminine appearance.

FFS may involve changes to the bone structure, soft tissues or both. Procedures are tailored to individual anatomy and goals and may include treatment of the forehead, brow, nose, jaw, chin, cheeks, lips or other facial areas.

Not all patients require the same procedures. A personalised treatment plan is developed following detailed assessment.

Why Consider This Procedure?

You may consider FFS if you wish to:

- Achieve facial features that align more closely with your gender identity
- Reduce characteristics perceived as masculine
- Improve facial harmony and balance
- Enhance confidence and comfort in social situations
- Address specific areas of concern in the face

Suitability depends on overall health, facial anatomy and individual expectations.

Preparing for Surgery

Before surgery you may be advised to:

- Undergo medical evaluation and imaging studies if required
- Disclose all medical conditions, medications and supplements
- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Arrange assistance during early recovery
- Follow fasting instructions prior to anaesthesia

Your surgeon will review your medical history and discuss the treatment plan during consultation.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

Travel Arrangements

Airport pickup and accommodation may be arranged through the treating hospital or clinic.

Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

Surgery Day

The procedure is performed in a hospital environment under anaesthesia.

Post-Operative Stay

Patients may remain in hospital for observation or return to accommodation depending on the procedures performed.

Return Travel

Patients are generally advised to remain abroad for a period to allow for early follow-up before travelling home.

The Procedure

FFS typically involves one or more surgical procedures performed during a single operation or staged over multiple sessions.

- Common areas treated may include:
- Forehead and brow region
- Nose (rhinoplasty)
- Jaw and chin contouring
- Cheek enhancement
- Lip reshaping
- Hairline adjustment

Procedures involving bone modification may require specialised surgical techniques. Surgery is usually performed under general anaesthesia and may take several hours depending on complexity.

After the Operation

After surgery you may experience:

- Swelling and bruising of the face
- Temporary numbness or altered sensation
- Discomfort or tightness
- Fatigue
- Dressings or bandages on treated areas

These effects are expected during the early recovery period.

Recovery and Expected Results

First Weeks

Swelling and bruising are most noticeable and gradually improve.

Weeks 3–6

Many patients resume normal daily activities, although residual swelling may persist.

Months 3–12

Facial tissues continue to settle and final contours become more apparent. Healing timelines vary depending on the procedures performed.

Aftercare Instructions

You may be advised to:

- Keep the head elevated during rest
- Avoid strenuous activity for several weeks
- Follow wound care instructions carefully
- Attend follow-up appointments
- Avoid pressure on treated areas

Following aftercare instructions supports proper healing.

Potential Benefits

FFS may:

- Create facial features perceived as more feminine
- Improve facial harmony and proportions
- Enhance confidence and psychological wellbeing
- Reduce gender dysphoria related to facial appearance
- Support social comfort and self-expression

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk.

Possible complications may include:

- Infection
- Bleeding or haematoma
- Scarring
- Temporary or permanent numbness
- Asymmetry
- Nerve injury
- Hairline changes
- Need for revision surgery

Your surgeon will discuss risks specific to your treatment plan.



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Procedure-Specific Considerations

Individualised Treatment

FFS is highly personalised. The combination of procedures varies for each patient.

Bone vs Soft Tissue Changes

Some procedures involve modification of facial bones, while others adjust soft tissues.

Staged Surgery

Complex cases may require more than one operation.

Long-Term Changes

Ageing continues after surgery and may affect long-term appearance.

When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing swelling or redness
- Fever
- Severe or worsening pain
- Excessive discharge from surgical sites
- Sudden shortness of breath

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for FFS?
- Which procedures are recommended for my goals?
- What results are realistic for my anatomy?
- What is the expected recovery timeline?
- Will additional procedures be required in the future?

Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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