Gender Reassignment Surgery MtF (GRS)

Overview of vaginoplasty (MtF surgery)

The term vaginoplasty includes several procedures designed to transform the “male” genitals into “female” genitals. The surgery is done as one step (removing the testicles; partially removing the penis; and creating a vagina, clitoris, and labia.

The most common technique for creating a vagina is the penile inversion. In this technique the penis is skinned and the skin is turned inside out to line the walls of the new vagina. Some Thai surgeons have developed their own technique to make the vagina longer or wider with the Scrotal Skin Graft technique. If the patient has small penis with less scrotal tissue or lost the depth after previous GRS, the surgeon will apply Sigmoid Colon Vaginoplasty technique. A segment of your large intestine will be used to create the vagina if the penile inversion fails or is not possible. As part of the penile inversion, a small section of the head of the penis – the part that is most sensitive – is used to create a new clitoris.

Erectile tissue, which gives the penis the ability to get hard, will be removed so the entrance to the vagina and the clitoris don’t get overly swollen when you get sexually aroused. The tube that carries urine from the bladder to the outside of the body (urethra) is longer in “males” than in “females,” and in a slightly different position. The urethra is shortened and repositioned as part of vaginoplasty. The prostate (which sits at the neck of the bladder, around the urethra) is not removed.

The innermost labia (labia minora) are typically made from leftover skin from the penis. The outerlabia (labia majora) are usually made from testicle skin.

Criteria of Approval for Gender Reassignment Surgery

- Patient must be at least age 18 years of age and if patient is under 20 years old, parent permission will be required.
- Patient must be diagnosed with at least one of the following disorders: Gender identity disorder, gender dysphoria, or associated conditions.
- Patient must have undergone at least one year of anti-androgens or/and female hormones.
- Patient is required to have lived full-time in the cross-gender role for at least 1 year (supported by Identification Documents).
- Patient must receive an approval from a psychiatrist (MD), psychiatric social worker (PhD), or clinical psychologist (PhD).

Risks and possible complications of MTF Gender Reassignment Surgery

All surgery involves possible risk of infection, bleeding, pain, and scarring. This is true of vaginoplasty. Antibiotics will likely be given to prevent infection, and the health professionals who will check your dressings in the week after surgery will also be looking for infection.

Vaginoplasty is done under general anesthetic. All surgery that involves general anesthetic is a major medical procedure. With any surgery there is a risk of blood clots (which can be fatal) or a negative reaction to the anesthetic. Surgeons, anesthetists, and surgical nurses are experienced in preventing problems and responding to any
emergencies that happen during surgery. After you’re discharged from the hospital, to prevent blood clots move around as much as feels comfortable, and drink plenty of water.

Possible complications specific to vaginoplasty include:

- fistula: opening between the rectum and new vagina
- decreased sexual sensation, and possible decreased ability to have orgasm
- partial or total death of the tissue used to create the new vagina, labia, or clitoris
- narrowing or closure of the new vagina or urethra

In the hospital (where they can be taken care of by hospital staff. For example, partial or complete death of the new clitoris, labia, or lining of the vagina – rare complications – is most likely early in recovery while you’re still in hospital; by the time you are discharged, the risk is very low. Hospital staff will also take care of any bleeding or swelling that happens right after surgery.

Decreased sexual sensation is a potential long-term risk of vaginoplasty. Generally, sexual outcomes are good. Studies report a range of 63–94% of MTFs as saying they could have orgasm after vaginoplasty.

**Result**

The result you will get varies with each patient condition. Our surgeon will evaluate your genital area in order to see your penile/scrotal skin availability and suggest which technique will be applied. The surgeon will also discuss with you about your expectation, the realistic result after surgery and advantages and disadvantages of each technique.

In vaginoplasty, the surgeon’s goals are:

- To preserve the ability to have orgasms.
- To create a clitoris, labia, and opening to the vagina (introitus) that look realistic and maintain good touch sensation (i.e., you can feel it when they are touched).
- To create a vagina that will hold its shape, is sensitive to touch, is wide and long enough for sexual penetration (by fingers, a dildo, or a penis), and has a moist, elastic, and hairless lining.
- To change the structures of the urinary tract so you urinate downwards and in a steady stream.

**Recovery time**

- Recuperation in Bangkok for at least 10-14 days before safely flying home is obligatory.
- Recuperation at home for 4-6 weeks before returning to work is required.
- Sexual intercourse can resume after 8 weeks. The neovagina will need some forms of lubrication. In general, patients may have sexual intercourse after they successfully dilate the neovagina to the last size of the vaginal dilators.

**Pre-operative preparation**

- Discontinue hormones (including spironolactone) prior to surgery, 2 weeks for oral tablets and 4 weeks for injection.
- Stop smoking 2 weeks prior to surgery
- Discontinue drugs that may interfere with blood clotting, such as Aspirin, ibuprofen and Vitamin E
Patients with health conditions

Estetica Thailandia has experienced with special health condition patients which are considered as high risk group in the past. From our extensive experience, it has been proved that patients with special health conditions, such as overweight, overage patients and parents with HIV, are not obstacles for a surgery as long as the patients remain healthy to undergo the surgeries.

- **Overweight** – overweight means Body Mass Index (BMI) is more than 30. Some medical clearance tests are required before your departure. Some hospitals/doctor will apply some extra-charge on GRS package for the extra post-operative care.
- **Age more than 50 years** – Some medical clearance tests are required before your departure such as routine test and stress test.
- **HIV+** – The patient must have CD4 value more than 200. An extra charge 30% of the original price will be applied for disposable medical supplies for a HIV positive patient.

The GRS package price excludes any personal and other additional expenses beyond surgical fees and packages caused by a patient. This includes personal medical treatments/analysis for pre-existing illness.

Booking GRS with Estetica Thailandia

**Step 1** – Getting a personalized cost estimation

Please fill-in our form in [contact us] page or write us an e-mail to [info@transgendersurgerythailand.com](mailto:info@transgendersurgerythailand.com). You can add some questions or your special requirements. Estetica Thailandia sends you the cost estimation within 3 business days.

**Step 2** – Surgery booking request

You will need to prepare and submit the following documents to us:

- **Passport copy**: should be valid at least 6 months from your departure date.
- **SRS letter (if any)**: A letter from a psychiatrist states you are a candidate for SRS.
- **HIV test result**
- **Surgery booking form**: Please fill in our booking form and provide us as much as possible information regarding drug allergy, your medical history, your expectation, your favorite food/activities etc.

**Step 3** – Flight reservation

After having received a surgery date confirmation from us, you can start making your flight reservation. You may check flight availability prior starting step 1. Since this trip is your medical trip, please consider a direct flight or short transit time flight in order to make sure that you will have a comfortable flight on the way back after surgery.

**Step 4** – Planning your itinerary

Estetica Thailandia will make a draft of your itinerary from the first day to the last day in Thailand. This program include pre-operative consultation, surgery day, post-operative check up, Bangkok visit program at your choice and so on. You can discuss with us about your special requirements, we are pleased to make this more than just a surgery trip 😊
**Step 5 – Hotel reservation**

You can make a hotel reservation by your own on internet or let us do this. We have special rate with hotels nearby the clinic.

**Step 6 – Q&A then GO!**

Please feel free to ask us anything regarding your trip, we are here to answer you all upcoming questions 😊