INTRODUCTION

Nonbinary patients may not desire a uniformly masculine or feminine facial appearance.

Goals of facial gender-affirming surgery (FGAS) in the nonbinary patient population not well described.

Therefore, we designed a survey of TM/TF and gender nonbinary patients to evaluate preferences of facial appearance to better inform goals of FGAS in gender nonbinary patients.

METHODS

Portraits edited based on anthropometric relationships to create a range of features from masculine to feminine for the forehead, mandible, chin (frontal, profile views) and hairline (oblique view).

5 images were generated and scaled in a visual analog fashion from most masculine to feminine for each region.

Retrospective chart review; included patients presenting for consultation regarding gender affirming surgery >18 years old and identified as transgender or nonbinary.

Anonymized 26-question, multiple-choice survey via email; collected demographic data, hx of prior medical or surgical interventions, and preferences of facial features.

Data was analyzed using Fisher’s exact tests and ANOVA in R-Studio.

RESULTS

Survey response rate was 32% (180 patients identified via chart review, 58 respondents; TM = 5, TF = 39, Nonbinary = 14).

CONCLUSIONS

Nonbinary patients have a spectrum of preferences regarding facial appearance that do not align with those of binary transgender males/females.

While nonbinary patient preferences tend to be those opposite of their assigned sex at birth, transgender male patients have variable preferences.

Our findings indicate the importance of individualized preoperative counseling and assessment to achieve the most successful and targeted outcomes for management of dysphoria secondary to facial characteristics.