

gender affirmation surgery services

chest reconstruction surgery for
gender dysphoria



Photography by Zackary Drucker:
The Gender Spectrum Collection

Beth Israel Lahey Health 
Beth Israel Deaconess Medical Center

If your sex assigned at birth is different than your gender identity, the Division of Plastic and Reconstruction Surgery at Beth Israel Deaconess Medical Center (BIDMC) can help. We offer expert, personalized care for individuals experiencing gender dysphoria.

our chest reconstruction services

Breast Augmentation – this procedure includes placing implants under natural breast tissue and/or muscle (silicone or saline implants).

Peri-Areolar Mastectomy – ideal for smaller chests, this “drawstring” technique includes two circular incisions around the areola to remove breast tissue and connect edges of the areola, which may be downsized.

Double Incision Mastectomy – ideal for medium to large chests, this technique includes two horizontal incisions to open the skin at the top and bottom of the pectoral muscle to remove breast tissue.

Nipple Grafting – this technique, which can accompany a double incision mastectomy, includes removing the nipples, re-sizing and grafting onto the chest.

Our team will work to ensure all of your questions and concerns are addressed as we work with you to determine the best procedure for you.



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before your surgery

We follow guidelines established by the World Professional Association for Transgender Health (WPATH) to ensure you meet certain criteria before discussing surgical options with our team. Review the enclosed eligibility checklist before your first consultation. We are here to help answer questions.

after your surgery

Your care doesn't end after surgery. Our team will see you for follow-up appointments for 6-12 months following your surgery to ensure you are healing properly and are satisfied with your results. Healing varies, but most patients return to school or work about two weeks after surgery and can resume more strenuous activities four to six weeks after surgery. Maintaining a healthy lifestyle (smoking cessation and healthy body weight) will aid in your recovery time and overall outcome.

Our team is here to help answer any questions you may have during your healing process.

Transgender Support Groups

We encourage you to speak with peers about your feelings and emotions after surgery. BIDMC works collaboratively with Fenway Health-Visit fenwayhealth.org/transhealth for more information about resources available to you and your family.

New England Gender C.A.R.E.

BIDMC is a founding member of the New England Gender C.A.R.E. (Collaboration, Access, Research, and Education). This consortium is a group of healthcare professionals dedicated to improving access to gender affirming care. We work with affiliated providers to offer comprehensive care and referrals, as needed. Visit NEgendercare.org to learn more.

our surgeon



Adam Tobias, MD

Plastic Surgery

Clinical Interests: transgender chest wall reconstruction, adominoplasty (tummy tuck), blepharoplasty (droopy eyelids), body contouring after weight loss, breast implant or reduction, liposuction, skin cancer reconstruction

**Keep all the details about
your appointments here.**

For appointments:

Call: 617-632-7827

Click: bidmc.org/genderaffirmation

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Division of Plastic and Reconstructive Surgery

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