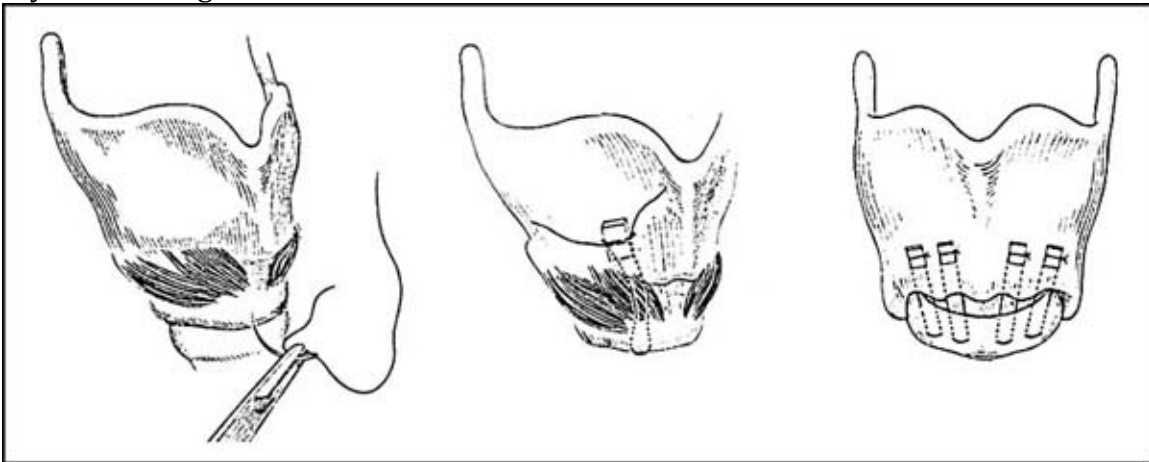


Transgender

The most common cosmetic concerns of transgender patients can be solved with plastic surgical procedures, including blepharoplasty, rhinoplasty, and mandibular angle contouring. However, while these procedures aid in providing a female appearance, the voice often continues to cause significant distress. Techniques in voice therapy and surgery are available to help with these concerns.

Voice therapy can teach the patient how to access a more female sound. This involves not only pitch, but intonation, inflection, and resonance. This is not standard voice therapy; this is therapy tailored to the particular needs of gender reassignment patients. Therapy is a critical step in the process of this conversion and patients may find they are happy with this non-surgical means of treating their voice.

The most commonly practiced surgical option is cricothyroid approximation. This procedure involves attaching the two major cartilages of the larynx more closely. This serves to increase the tension on the vocal folds, which are attached to the thyroid cartilage.



By increasing the length and tension of the vocal folds in this manner, the pitch of the voice can be raised. This procedure simply augments the muscle that naturally increases pitch the cricothyroid muscle. When this muscle tenses, it lengthens the vocal folds, thereby raising pitch. This procedure mimics the action of that muscle. Additionally, because this procedure is done through a small incision in the neck, a tracheal shave (reducing the Adam's apple prominence) can be done in the same sitting.

Cricothyroid approximation is the primary surgical option for gender reassignment. However, other adjunctive procedures are also available. We would be happy to discuss these with you during your visit.