

## WHEN SHOULD I SEEK HELP IF I HAVE PUMPED?

If you have been injected with silicone, please come in. It's important that you get tested, checked out for infection, and supported. No one will scold you – we're here to help! Also, if you experience pain or silicone that has shifted or moved over time, come in for an evaluation. Lastly, please let your provider know if you've had silicone injected into the buttock or thigh region so a safe area can be found for hormone injection.

For more info, or to talk about your feminizing options,

**Make an appointment with a HOTT Case Manager  
(212) 271-7212**



356 WEST 18TH STREET  
NEW YORK, NY 10011  
[WWW.CALLEN-LORDE.ORG/HOTT](http://WWW.CALLEN-LORDE.ORG/HOTT)  
(212) 271-7212

WILL SILICONE  
HELP ME BE MORE  
FEMININE?

Being  
Healthy  
is Being

**HOTT!**  
HEALTH OUTREACH TO TEENS

## WHY DO PEOPLE PUMP SILICONE?

1. It can be exciting, quick, and cheaper than implants
2. You expect to see results immediately
3. Maybe girls you know have done it

## WHAT ARE THE RISKS OF SILICONE?

1. **It's scary.** There is no safety guarantee, and you may be injected with something that is NOT silicone. There's no way to be sure what it is, and the effects may be irreversible.
2. **It's unpredictable.** Injected silicone/pumping may not give you the desired effect or look you want. There is no guarantee!
3. **Who is your provider?** Silicone may be injected by someone who is not licensed.
4. **It's complicated.** Serious complications can occur, including pain, swelling and infection.

## CAN I GET RID OF SILICONE?

**Not always.** Many times silicone can be in the body forever in places that you did not want. For example, silicone in the hips can drift to the ankles. Occasionally, costly plastic surgeries can remove the silicone by scraping it out but not all plastic surgeons will do these removals.

## WHAT ARE THE COMPLICATIONS OF SILICONE?

Silicone can cause “granulomas” – a term for scar tissue that forms around silicone. Granulomas can move throughout the body (to the heart, lungs, and in places where they **block blood vessels**). Granulomas can also harden into rock-like areas.

## HOW DO YOU KNOW WHAT IS “REAL SILICONE”?

You don't. The reality is **NO ONE is monitoring the silicone** that is being injected into your body. Only the silicone pumper knows what is going into your body. People have had mineral oil, bathtub caulk, lard, and cooking oil injected into their bodies. Some of these are commonly used to dilute silicone.

## WHERE SHOULD I GO FOR PUMPING?

This is a hard question! How can we give a rating to someone who is doing something **totally illegal**? It's **impossible to verify** pumpers' identities, skill level or facilities (including if they have medical grade silicone).

## WHAT IS MEDICAL GRADE VS. INDUSTRIAL GRADE SILICONE?

Medical grade silicone is made only for the human body. It is more pure than industrial grade silicone and easier to take for the human body. Even medical grade silicone is still only used in a sterile casing like a breast implant – it is never injected freely into the body.

## WHAT ARE SAFE ALTERNATIVES TO PUMPING?

1. **Hormones prescribed by a medical provider** can change your body to a more “feminized” state. Yes, this is slower but it has way fewer associated complications.
2. **Shapers can enhance your natural loveliness.** Some come with hip enhancers.
3. “Chicken cutlets” or **silicone breast inserts** inside of your bra.
4. **Facial fillers are also a great, less expensive method** for facial changes that are permanent to semi-permanent. Go to a licensed dermatologist or plastic surgeon for these!