

# Male Breast Reduction (Gynaecomastia)

*Technically known as Gynaecomastia, enlarged breasts in men is a condition that is actually quite common and can be treated effectively by surgery.*

## About male breast reduction

All men have some breast tissue. A few, unfortunately, have an excessive amount. Indeed, in some cases male breasts can be equivalent to a woman's C cup in size.

Occasionally this is due to a hormone imbalance, however, in most instances there is no detectable abnormality either on blood tests or clinical examination.

Regardless of the cause, this condition causes men a great deal of embarrassment. Many report they forego swimming and sunbathing to avoid taking their shirts off. Older boys may even play truant rather than subject themselves to physical education classes if they are required to shower afterwards.

No amount of exercise or diet will solve the problem. However surgery, by removing the excess tissue, can permanently restore a normal appearance.

## Your consultation

During your consultation your surgeon will take a general medical history and ask you about any previous surgery. He will also ask about any regular medication you might be taking, including vitamins or supplements. For example, the anabolic steroids some body builders take can lead to gynaecomastia. In addition he will want to determine your current level of fitness and discuss your goals for the procedure.

Your surgeon will also explain the procedure to you, describe any scars the procedure will leave and discuss what you can expect after your surgery.

## Your operation

Male breast surgery is carried out under general anaesthesia and can be done as a day case or with a one-night stay in hospital.

The procedure may be done in one of two ways:

- The surgeon may make a half moon incision around or below the areola and cut away the unwanted breast tissue.
- Alternatively, he may choose to eliminate the excess tissue using specially designed lipoplasty equipment. This technique allows the surgeon to break up and draw off excess breast tissue through a fine cannula under a high vacuum. Because this strategy requires only a small wound toward the armpit or under the nipple there is virtually no scarring. The advent of ultrasound assisted liposuction, has brought about substantial improvements in our ability to contour the male breast.

Sometimes the two techniques are combined. In all cases, surgery continues until the area is flat and normal in appearance.

## After your surgery

Bleeding after male breast surgery is rare but a drainage tube may be used as a precaution. If it is used, the draining tube will be removed the morning after your surgery.

As you recover, there are some things you should expect:

- Bruising and swelling are normal after swelling and may last for a week or more. Hardness or lumpiness within the tissues due to swelling can persist for a month or longer.
- You will experience some discomfort, however you will be given prescription painkillers to make you more comfortable. If you do not find your pain medication sufficient, please call the surgeon's office. Do not take aspirin as it can promote bleeding.
- Following your surgery you can be confident that your breast tissue will never grow back, however the swelling caused by your procedure may take as much as six to nine months to settle.
- Depending on your occupation and the method used by your surgeon you may return to work after one or two weeks. Lifting must be avoided for about 14 days.
- You will need to avoid swimming and sports, particularly contact sports, for at least a month. Less strenuous exercise, such as walking, is recommended.
- Infection after male breast surgery is uncommon. Should it occur, your surgeon will prescribe a course of antibiotics.

Rarely, in cases where only the liposuction method is used, a second operation is required to remove tissue that could not be removed by liposuction. This situation may not manifest itself until all the swelling from your first procedure has settled a month. Less strenuous exercise, such as walking, is recommended.

## Our services

From your first visit to Aesthetic Plastic Surgery's handsome Harley Street offices, you'll work directly with Consultant Plastic, Aesthetic and Reconstructive Surgeon Mr. Lucian Ion, the practice's director.

Together, you'll explore the possibilities and discuss the results you can expect.

Imaging software will be used to show you how you might look after your procedure and every aspect of your treatment, from evaluation through surgery to post surgical care, will be carefully explained.

## More Information

Naturally, there will be many questions you will want to ask before making any decisions about undergoing surgery. Also you will wish to meet your Surgeon - having trust and confidence in one's Surgeon is very important.

Surgery is unique to every patient and a detailed discussion and assessment between you and your Consulting Surgeon is essential in enabling you to make a decision based on correct personal information and advice.

Arranging a medical consultation does not obligate you to anything other than attending the appointment. There is no obligation to proceed with treatment. This is entirely a matter for your decision, after the surgeon has decided on the feasibility and accepted you as suitable.

If you would like to know more information we will be happy to answer any queries either by email, letter or telephone, so please do not hesitate to get in touch.