

Gynecomastia (Male Breast Reduction)

The Effect of Gynecomastia

Also known as Male Breast Reduction, gynecomastia can produce a flatter, firmer, and better-contoured chest. Though rarely talked about, gynecomastia affects an estimated 40 to 60 percent of men. It may affect only one breast or both.

The Gynecomastia Procedure

This surgical procedure for men removes fat, glandular tissue, and in extreme cases, skin from the breasts.

Best Candidates for Gynecomastia Surgery

- Healthy men who have overly-developed breasts

Risks

All surgery carries risk, and you should be fully aware of the medical risks associated with this procedure before you consent to surgery. Your surgeon will discuss these risks with you during your consultation, and you are encouraged to ask questions if there is anything you do not understand.

You will be required to sign a consent form before surgery stating that you have been informed of the risks involved; that you understand those risks; and that you accept those risks. This is standard hospital protocol and surgery will not be performed if you do not sign.

It is your obligation to inform your surgeon of key medical information that may influence the outcome of your surgery or may increase the level of risk. These include medications you are taking, history of disease, medical complications, etc.

Risks and risk rates vary from patient to patient depending on a range of factors. No two people are alike. **The risks listed below are possible risks associated with this type of surgery and are mentioned regardless of how remote the possibility:**

Shifting or imprecise positioning of implant, or infection around it, requiring a second operation or removal.

Excess tightening and hardening of scar tissue around an artificial implant ("capsular contracture"), causing unnatural shape.

Surgery may be discouraged for obese men, or for overweight men who have not first attempted to correct the problem with exercise or weight loss. Also, individuals who drink alcohol beverages in excess or smoke marijuana are usually not considered good candidates for surgery. These drugs, along with anabolic steroids, may cause gynecomastia. Therefore, patients are first directed to stop the use of these drugs to see if the breast fullness will diminish before surgery is considered an option.

Surgery

Time required: 1 to 2 hours.

Anesthesia: Local with sedation or general.

Post surgical side effects

Temporary swelling, numbness, headaches, bruising. *Traditional method:* Possible itching and hair loss.

Gynecomastia Recovery time

Back to work: 5-7 days

More strenuous activity: 2-3 weeks

Full recovery from bruising: 3-6 months

Duration of Results

Usually 5 to 10 years.

Your Consultation

Your physician consultation is very important, because it is the moment when you can discuss your medical issues face-to-face with your doctor. If you are traveling from overseas, this will be the first time you meet with your doctor so it critical that he/she understands:

- Your medical needs
- Your expectations
- Your medical history

Most people have a good idea of what the procedure or outcome they want ("I want smaller breasts"), and the physician's responsibility is to listen and then explain what can be done, the procedures or techniques to achieve your objectives, and the risks and costs involved.

You will have a lot of questions to ask, so preparation is key to make the most of your consultation. We suggest that you:

- Write your questions down to make sure you remember them
- Come with your medical history/survey already completed
- Bring any photos or visuals aids that will help explain what it is you want or expect from treatment

Please note that this information should be used only as a guide to your treatment. All specifics will be discussed with your Physician at your consultation.