



GYNECOMASTIA SURGERY

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What Is Gynecomastia Surgery?

Gynecomastia surgery reduces breast size in men, flattening and enhancing the chest contours.

In severe cases of gynecomastia, the weight of excess breast tissue may cause the breasts to sag and stretch the areola. In these cases, the position and size of the areola can be surgically improved and excess skin may be reduced.

What Is Gynecomastia?

Gynecomastia is a condition of overdeveloped or enlarged breasts in men that can occur at any age. The condition can be the result of hormonal changes, heredity, obesity or the use of certain drugs.

Gynecomastia can cause emotional discomfort and impair your self-confidence. Some men may even avoid certain physical activities and intimacy simply to hide their condition.

Gynecomastia is characterized by:

- Excess localized fat
- Excess glandular tissue development
- Sometimes excess breast skin
- Presence unilaterally (one breast) or bilaterally (both breasts)

Who Is A Good Candidate For Gynecomastia Surgery?

Gynecomastia surgery candidates include:

- Men whose condition cannot be corrected through alternative medical treatments
- Men with a positive outlook and specific goals in mind for improving the physical symptoms of gynecomastia
- Men who have realistic expectations
- Men whose breast development has stabilized
- Men who are bothered by the feeling that their breasts are too large

What Should I Expect During A Consultation For Gynecomastia Surgery?

During your **gynecomastia surgery consultation** be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and recreational drug use (including steroids)
- Previous surgeries

Your gynecomastia surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Perform diagnostic testing to determine the underlying cause of gynecomastia; this may include testing of your endocrine function
- Examine your breasts and may take detailed measurements of their size and shape, skin quality and placement of your nipples and areolas
- Take photographs for your medical records
- Discuss your options
- Recommend a course of treatment
- Discuss likely outcomes of gynecomastia correction and any risks or potential complications

What Are The Risks Of Gynecomastia Surgery?

The decision to have plastic surgery is extremely personal, and you will have to decide if the benefits will achieve your goals and if the **risks and potential complications of gynecomastia surgery** are acceptable.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.

How Should I Prepare For Gynecomastia Surgery?

In **preparing for gynecomastia surgery**, you may be asked to:

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

What Are The Steps Of A Gynecomastia Procedure?

A **gynecomastia procedure** includes the following steps:

Anesthesia

Medications are administered for your comfort during the surgical procedures. The options include intravenous sedation and general anesthesia. Your doctor will recommend the best option for you.

Liposuction technique



In cases where gynecomastia is primarily the result of excess fatty tissue, liposuction techniques alone may be used. This requires insertion of a cannula, a thin hollow tube, through several small incisions.

The cannula is moved back and forth in a controlled motion to loosen the excess fat, which is then removed from the body by vacuum suction.

There are various liposuction techniques that may be used; the technique most appropriate in your case will be defined prior to your procedure.

Excision technique



Excision techniques are recommended where glandular breast tissue or excess skin must be removed to correct gynecomastia. Excision also is necessary if the areola will be reduced or the nipple will be repositioned to a more natural male contour. Incision patterns vary depending on the specific conditions and surgical preference.

Combination of liposuction & excision techniques



Sometimes gynecomastia is treated with both liposuction and excision.

What Should I Expect During My Gynecomastia Surgery Recovery?

During your **gynecomastia surgery recovery** period, dressings or bandages will be applied to your incisions and an elastic bandage or support garment may be used to minimize swelling and support your new chest contour as it heals after surgery.

You will be given specific instructions that may include how to care for the surgical site and drains, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health and when to follow up with your plastic surgeon.

It's very important to follow your plastic surgeon's instructions and attend follow-up visits as scheduled.

The final results of gynecomastia surgery are permanent in many cases.

What Results Should I Expect After Gynecomastia Surgery?

Gynecomastia surgery results are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Satisfaction with your new image should continue to grow as you recover from surgery.

Before & After Photo



Visual Animation  [Adi care 007](#)

FOR APPOINTMENT

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