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Male Breast Reduction (Gynecomastia)

General Information

Male Breast Reduction (Gynecomastia)

Gynecomastia is a medical term that comes from the Greek words for "woman-like breasts." Though this condition is rarely talked about, it's actually quite common. Gynecomastia affects an estimated 40 to 60 percent of men. It may affect only one breast or both. Though certain drugs and medical problems have been linked with male breast overdevelopment, there is no known cause in the vast majority of cases.

For men who feel self-conscious about the appearance of their chest, male contouring for overdeveloped breasts using liposuction (tumescent method), a recently developed surgical technique, can correct this. Liposuction can be an effective tool for the permanent removal of these localized excess fatty tissues, to restore a slimmer, masculine, natural chest contour.

The best candidates for gynecomastia correction

The ideal candidate for liposuction is a healthy man with localized areas of unwanted fat deposits in the breast area that are disproportionate to the rest of the chest. 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.

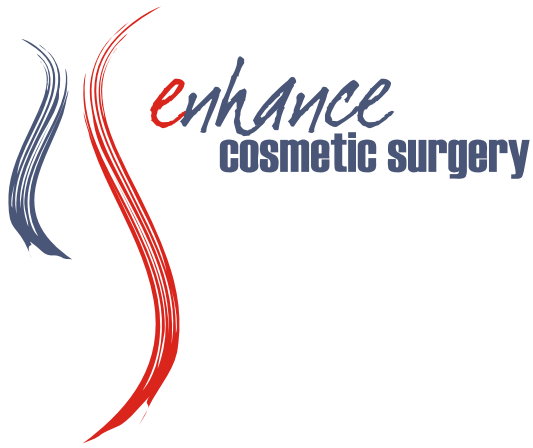
Planning for your Surgery

The initial consultation with your surgeon is very important. The surgeon will need a complete medical history, so check your own records ahead of time and be ready to provide this information.

Preparing for your Surgery

Your surgeon will give you specific instructions on how to prepare for surgery, including guidelines on eating, drinking, and taking certain vitamins and medications.

Smokers should plan to stop smoking for a minimum of one or two weeks before surgery and during recovery. Smoking decreases circulation and interferes with proper healing. Therefore, it is essential to follow all surgeon's instructions.



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The Procedure

Liposuction for gynecomastia may be performed either under general or local anesthesia. The surgeon will see you before the operation to answer any questions you may have and will draw some reference lines on the areas to undergo Liposuction.

If local anesthetic is to be used you will be given some tablets to take before the procedure, which include an antibiotic and a mild sedative. A small needle will be placed in a vein through which the sedation will be administered.

If general anesthetic is used then after your surgeon has seen you, you will proceed direct to the operating theatre.

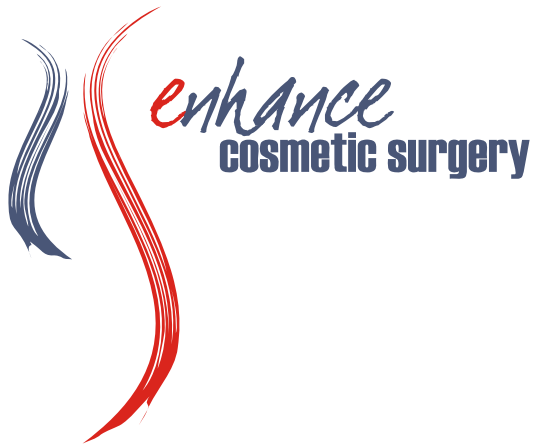
Once in the operating theatre the skin will be cleaned with Iodine and following the injection of local anesthetic several small (2-3mm) incisions will be made in the skin. A solution containing an anesthetic and a substance to help prevent bruising is then injected into the fat using a very fine needle through the small skin incisions.

After a short period of time when the area has been numbed the fat is removed using a fine needle called a cannula attached by tubing to a strong suction machine. During the procedure, if under local anesthetic, you will be asked to change position to allow access to the fat deposits and you will be asked to stand several times to assess the progress of the procedure.

At the end of the procedure absorbent pads and a pressure garment will be applied. You will then be taken back to your room.

Going Home

Most patients stay overnight but you may go home once the effects of the anesthetic or sedation have worn off. You will receive written post-operative advice and your follow up appointment will be arranged for six weeks. Painkillers and antibiotics will be given to you to take home. You should arrange transport home and should not drive for twenty four hours.



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Recovery and Return to Work

Recovery is rapid but there will be some swelling and bruising of the treated area and to help reduce this you should wear the firm support garment for at least 3 days or until the fluid drainage stops. The worst of your swelling will go down in the first few weeks however, it may be a couple of months before the full effect of the breast reduction surgery is apparent. It is important not to carry out vigorous activities for the first five days after the surgery. You can return to work and resume most normal activities after three weeks and begin exercise after six weeks.

Risks & Complications

Liposuction is extremely safe and patient satisfaction high. However, as with all surgical procedures complications sometimes occur. Infection is rare and antibiotics are given during the procedure and for five days after.

The small scars, each of which is only 2-3mm are initially red but over a number of weeks will fade to fine white lines. You should keep the scars out of direct sunlight until they have faded as exposing them to the sun can permanently affect the skin's pigmentation, causing the scar to turn dark. If sun exposure is unavoidable, use a strong sunblock.

Following Liposuction the skin retracts but in some people it may not retract fully and there may be some loose skin, especially in the elderly. If this occurs then surgical removal may be needed at a later date.

The possibility of skin irregularities is minimized by the use of very fine needles.

It is common to experience some numbness or tingling of the skin soon after Liposuction but this settles rapidly.