



GYNAECOMASTIA

Background

Up to 60% of men can suffer from abnormal breast enlargement, which has the medical name **gynaecomastia**. Also known as 'Man boobs' (or 'moobs'), they often occur around puberty. A second peak occurs in the 60s. This condition is usually thought to be due to hormonal changes, although certain prescription and illegal drugs (including cannabis) can cause them. Being overweight is also a factor as the excess fat collects around the breast tissue" making them appear larger.

There are three grades of severity:

Grade 1 - A small mass beneath the areola that causes protrusion and a "puffy" nipple.

Grade 2 - Small breasts are present, but there is no excess skin.

Grade 3 - An excess of breast tissue and skin are combined and in large cases surgery may involve more scarring.

Although many male gynaecomastia sufferers hope 'moobs' can be removed & cured by liposuction cosmetic surgery alone, it removes only fat so the only secure method may be surgical removal, which leaves a small scar on the chest. Liposuction is frequently used in combination with gynaecomastia surgery but is only there to help smooth the edges.

Pre-Operative Consultation

Patients need to be fit and healthy, and it is essential to stop smoking before and after the procedure. Smoking is particularly bad for skin elasticity and wound healing. Your expectations will also be discussed in detail during your consultation.

Operative Procedure

Gynaecomastia surgery invariably needs a general anaesthetic to achieve the best results. If a large tissue removal has occurred overnight stay is advised as wound drains will be used. They are hidden under a tight, elasticated chest garment and are removed the next morning before discharge from the hospital. There is usually very little post-operative pain, but analgesia will be provided.

Post-Operative Advice

Once you leave hospital you can start normal light activities to help prevent clots in the veins. Paracetamol is recommended for pain relief and few people need anything stronger.

Swelling peaks after two or three days and most patients return to work and driving after ten days or so. You will have absorbable stitches, so your dressings must be kept dry and undisturbed until your wound review with the nurse after a week.

You will not be allowed in the gym for six weeks and must wear the compression garment constantly because it both limits swelling and helps to mould the body into its new shape.

Risks and Complications

Most gynaecomastia surgery passes without a problem, but **any** surgical procedure carries the potential of complications, albeit very low. Such risks include infection, bleeding, changes in sensitivity and excessive scarring. In addition, the risk of asymmetry and contour irregularity, which the surgeon strives to avoid.

Expectations are fundamental to any area of aesthetic surgery and you must consider all of the above factors and take on board any limitations.



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