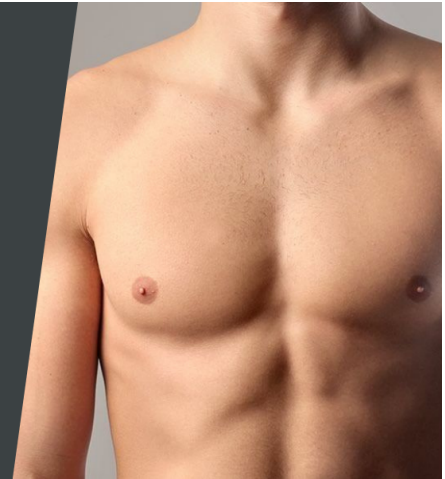


C7-MALE BREAST REDUCTION GYNECOMASTIA



C.7. MALE BREAST REDUCTION (GYNECOMASTIA)

Male breast reduction, commonly referred to as gynecomastia surgery, is a surgical procedure aimed at reducing the size of enlarged male breasts. Gynecomastia is a condition characterized by the enlargement of breast tissue in males, which can occur due to hormonal imbalances, genetic factors, weight gain, or the use of certain medications. Here's a comprehensive overview of male breast reduction, including its indications, benefits, procedure, recovery, and considerations.

Indications for Male Breast Reduction

- **Gynecomastia Diagnosis:** Men diagnosed with gynecomastia, which can be confirmed through a physical examination and medical history.
- **Discomfort or Pain:** Patients experiencing physical discomfort or pain due to enlarged breast tissue.
- **Unresponsive to Other Treatments:** Patients who have not achieved satisfactory results from lifestyle

changes, such as diet and exercise.

Benefits of Male Breast Reduction

- **Improved Appearance**
- **Increased Confidence**
- **Relief from Discomfort**
- **Long-Lasting Results and this when combined with a healthy lifestyle.**

The Male Breast Reduction Procedure

1. Consultation:

- **A careful consultation with a board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate the chest and recommend the best surgical approach.**

2. Anesthesia:

- **The procedure is typically performed under general anesthesia.**

3. Incision Placement:

- **The surgeon will determine the appropriate incision technique based on the amount of tissue to be removed:**

§ **Periareolar Incision:** An incision is made around the edge of the areola (the pigmented area around the nipple). This is often used for cases involving moderate tissue removal and provides minimal scarring.

§ **Vertical or Horizontal Incisions:** In cases of

significant excess tissue, additional incisions may be necessary.

4. Tissue Removal:

◦ **The surgeon will remove excess glandular breast tissue, fat, and possibly skin, depending on the degree of gynecomastia. Liposuction may also be used to remove fatty tissue.**

5. Nipple Positioning:

◦ **If necessary, the surgeon may reposition the nipple to achieve a more natural appearance, especially in cases with significant skin excess.**

6. Closure:

◦ **The incisions are closed with sutures, and the procedure typically takes about 1 to 3 hours, depending on the extent of the surgery.**

Recovery After Male Breast Reduction

- **Initial Recovery:** Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.
- **Downtime:** Most patients can return to light activities within 2 to 3 week, but strenuous activities and heavy lifting should be avoided for about 8 to 12 weeks.
- **Compression Garments:** Wearing a compression garment may be recommended to support healing and reduce swelling in the chest area, 24/7 for 2 months.
- **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

Risks and Considerations

· **Scarring:** While the surgeon aims to minimize visible scarring, some scars will remain, and their visibility can vary based on skin type and healing.

· **Complications:** Potential risks include infection, bleeding, changes in nipple sensation, and asymmetry.

· **Weight Maintenance:** It's important for patients to maintain a stable weight, as significant weight gain or loss can affect the results.

· **Not a Weight Loss Procedure:** Gynecomastia surgery is not intended for weight loss and is best suited for men with localized fat and glandular tissue.

