

## GYNAECOMASTIA

### WHAT IS BREAST GYNAECOMASTIA?

Male breast reduction surgery is a surgical procedure to reduce enlarged male breasts, the condition called gynaecomastia, which is experienced by a high percentage of men and some teenage boys. The procedure, which involves removing excess fat and/or tissue, results in a firmer, slimmer contour in the chest area and can be performed on both adult men and teenagers. The techniques used today have made shorter surgery possible as well as faster recovery and minimal scarring, with long lasting results.

### WHAT CAN YOU EXPECT?

This is a relatively straightforward procedure, and the results can show a dramatic and satisfying improvement. Your chest will be firmer and flatter with a more youthful appearance and a more flattering silhouette.

## SOME FREQUENTLY ASKED QUESTIONS ABOUT GYNAECOMASTIA

### How do I plan for my surgery?

Your initial consultation with your surgeon will be the first step to male breast reduction surgery. At this stage, you and your surgeon will discuss your expectations, so that you have a good understanding of what can be achieved and what your realistic expectations should be.

Your surgeon will take photos of your chest and will also discuss with you the various surgery options, such as whether the procedure will involve liposuction and / or tissue excision. He or she will explain the surgery and its different techniques to you so you're fully informed before you make the decision to go ahead.

### What is the procedure for Male Breast Reduction?

Today, many gynaecomastia patients are treated using liposuction, especially since techniques have become less invasive.

Small incisions are made around the nipple or in the armpit area and the liposuction is performed through these incisions. The surgeon removes excess fat and/or glandular tissue, and will re-sculpt the chest contour to suit your body.

In more severe cases of gynaecomastia, tissue and excess skin are removed, especially if there is stretched or sagging skin in the breast area. The excision technique makes it possible to remove more tissue than is possible with liposuction alone. The incisions are usually made around the nipple or along a natural crease, so the scars will be quite inconspicuous.

**How should I prepare for surgery?**

It is always advisable to stop smoking for 2 – 4 weeks prior to any surgery, and this applies to gynaecomastia surgery as well. Nicotine retards the healing process, and quitting for as long as possible before surgery helps improve blood flow.

You will also have to have a blood test before surgery is performed.

You should stop taking certain medication, like aspirin and some anti-inflammatory drugs, in the days prior to your surgery. Avoid recreational drugs, and disclose to your surgeon any other medication you're taking, since you may need to adjust these.

Make sure that you have someone to drive you – especially when leaving the clinic, since you will not be able to drive while taking post-operative pain medication or sedatives.

**Where will my surgery be performed?**

The surgery will be performed in one of our fully equipped operating theatres.

**What anaesthetic will be used for my surgery?**

Male breast reduction surgery can be performed using general anaesthesia or local anaesthesia with sedation. Your surgeon will discuss the options with you.

**How do I recover from my surgery?**

You can expect to experience some pain, swelling and discomfort initially but it should not be severe and you will be given medication for relief. The recovery after liposuction is usually easier than recovering from the surgery requiring both liposuction and tissue excision, but in both cases your discomfort will gradually decrease in the first week, and you should be able to return to work within about a week.

**What can I expect after my surgery?**

You will need to wear a compression garment for the first few weeks while you recover, to support the healing tissues and help reduce swelling. This will help you heal faster and will reduce discomfort. Your surgeon will instruct you not to do any vigorous exercise or activity for about 3 weeks.

There may be some temporary numbness or loss of sensation in the treated area after the surgery, but normal sensation should return over a few months as you recover.

**When can I return to normal activities?**

You should be able to return to work within a week, and get back to normal activities within a month, easing back into your regular routine. Your surgeon will give you more detailed advice.

**What are the risks involved in Male Breast Reduction surgery?**

With this procedure, like all other surgery, there is a (low) risk of post-operative infection, bleeding, swelling, or an adverse reaction to anaesthesia.

Risks that are specific to gynaecomastia surgery include excessive bleeding, skin injury, numbness or loss of sensation, noticeable scarring, pigmentation, and asymmetry, although the latter can be corrected.

**QUESTIONS OR CONCERNS?**

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