

SUMMARY

Male breast reduction will reduce the prominent breast tissue bringing the contour back to normal. For many patients, it helps to increase your self-confidence and allows you to wear the clothing you wish to wear and to participate in activities such as swimming normally.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.



North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

PRACTICE LOCATIONS

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North Shore  Cosmetic Surgery

A patient guide to understanding

Correction of Gynaecomastia (male breast reduction)

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Member
AUSTRALIAN
SOCIETY OF
PLASTIC
SURGEONS

INTRODUCTION

Enlargement of male breast tissue is a common problem, affecting one third or more of males at some stage during their life. The enlargement can occur in one breast or both and often resolves by itself, especially in adolescence. Although there are some drugs and medical conditions which can cause gynaecomastia, in most patients there is no specific cause.

Male breast enlargement can cause embarrassment, with problems wearing tight tee-shirts and other fitted clothing, and can limit activities such as going to the beach and swimming.

Male breast reduction will reduce the prominent breast tissue bringing the contour back to normal. It will improve your self-confidence and allow you to wear the clothing you wish to wear and to participate in activities such as swimming normally.

PRE-OPERATIVE ASSESSMENT

As in all cosmetic surgery, it is important for you to tell your surgeon the specific areas that concern you. It is important to discuss with your surgeon any pre-existing medical conditions which you may have, as well as any history of bad scarring.

Your surgeon will discuss the operation with you, show you photos of other patients who have had the procedure, and will give you written information about the operation. Both the expected result as well as the risks of the operation will be explained.

PREPARING FOR THE SURGERY

If you smoke it is important to stop smoking at least a few weeks before the surgery – smoking significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.

THE SURGERY

The surgery is usually performed as a day-stay or overnight stay procedure in hospital. Depending on the amount of breast tissue to be removed the operation can be performed either by directly cutting out the breast tissue or by liposuction alone, or by a combination of both. Scars are usually hidden around the border of the areola (the pigmented part around the nipple), and are usually not visible. Rarely loose skin needs to be excised, leaving more obvious scars.

AFTER THE SURGERY

After the surgery it is important to rest and minimize activity, with most patients returning to normal everyday activities including driving within a week. It is important to restrict heavier activities including heavy lifting, exercise and gym work for 10-14 days.

There is always some bruising and swelling after the surgery, however wearing a compression binder or garment for 2 weeks minimises this. Specially made compression vests can be worn under normal clothes. The scars from the surgery fade with time and are usually not noticeable, although occasionally they require further treatment.

