

## GYNECOMASTIA (ENLARGED MALE BREASTS)

### ABOUT THE PROCEDURE

Gynecomastia is an embarrassing condition that affects an estimated 40-60 percent of the male population.

It may affect only one breast or both.

Some cases are the result of certain drugs such as anabolic steroids, medications containing estrogen or medical conditions like cancer or impaired liver function. In other cases, enlarged breasts may be genetic or caused by excess weight, weight loss or aging. This condition can be effectively treated by liposuction and/or by surgically removing excess glandular tissue.

The surgery may be done with liposuction alone (see liposuction) or an incision around the bottom half of the areola or a combination of both.

### ARE YOU A GOOD CANDIDATE?

Male chest reduction is a good choice for men with enlarged breasts who are in good health and are at or close to a good weight (it is not a weight reduction procedure).

### POST-OPERATIVE INSTRUCTIONS

- The average time off work is 2-6 weeks.
- If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. a maxi pads or gauze work well for replacement dressings).
- Shower 2 days after surgery and remove bandages in the shower.
- Apply antibiotic ointment and light Band-Aid and then put garment back on – do this daily.
- Wear the garment 24 hours a day for 6 weeks.
- Don't do any activity that increases your blood pressure for 4-6 weeks.
- No lying on stomach or excessive arm movements (i.e. reaching over your head) for 6 weeks after surgery.
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- All the stitches are dissolving.
- Call my office to make an appointment 1 week after surgery.

### COMMON POST-OPERATIVE EXPERIENCES

- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread down arm or chest but will settle in a few weeks.

### OUTCOME

- Scars can take up to 1 year to completely heal.
- See general post-op instructions.