

Forty to sixty percent of men experience breast tissue enlargement. This can be due to changes in hormone levels as you age or weight gain. Male breasts often leave men feeling self-conscious and embarrassed, and desperate for a solution.

What can be done?

Your surgeon may recommend weight loss however, if your gynaecomastia is caused by over-development of breast tissue, weight loss will not be a solution.

How long is the operation?

The procedure takes up to 2 hours and is usually performed under General Anaesthetic.

Where are the incisions made?

One incision is usually made on each breast for liposuction. The cuts are very small, placed inconspicuously. Sometimes, it is necessary to make a longer incision part way around the nipple, in order to remove breast tissue under the nipple. In some cases excess skin also needs to be removed. This will be discussed, and decided, at consultation.

What can I expect post-op?

Reduction in the size of male breasts can be predictably achieved. The scars are usually well hidden.

Are the results permanent?

The procedure re-contours the body by reducing the number of cells. This is permanent, as the removed breast tissue does not come back. Expectations should be realistic as significant weight gain and hormonal changes due to drugs and diseases might lead to accumulation of excess tissues, again, over the chest region.

What are the risks of surgery?

Any surgery carries certain risks and potential complications. Gynaecomastia surgery is considered a low risk procedure. Generally these can include bleeding, infection, scars, and anaesthetic risks.

What happens after the surgery?

Most people feel tender and bruised post gynaecomastia surgery. You should plan to be off work for 4-7 days. During that time you are encouraged to go for leisurely walks. Athletic activities usually have to wait until approximately 2 to 3 weeks, and swimming avoided, for the first four weeks. A support garment is worn for 6 weeks. This garment will help reduce swelling and conform the skin to your new shape. Scars will initially be red and raised, but over 3-6 months they usually get lighter in colour and flatten out. We will review you approx one week post procedure and subsequently at four weeks and three months, or as often as needed.