

## **Male Breast Reduction**

***Surgery to remove excess breast fat and tissue, and improve the shape and contour of the male chest***

### **What is Male Breast Reduction?**

Male Breast Reduction is surgery to treat enlarged male breasts to create a flatter, more masculine chest. Gynecomastia is the scientific name for breast enlargement in men. It can be a difficult and distressing problem. The surgeons at Bella Vou can check that there's no medical cause of your problem, then operate to improve the appearance of your chest.

Male breast reduction surgery is a safe, permanent solution to gynecomastia. The surgeons can remove excess fat and glandular tissue, to leave you looking and feeling great.

### **Why have Male Breast Reduction?**

People joke about man boobs or moobs, but enlarged male breasts are a common problem. Gynecomastia affects many men, decreasing self-confidence, and making them embarrassed about their bodies.

Hormonal disturbances, cancer treatment, and some drugs and diseases can cause breast enlargement. However, it often happens for no apparent cause, just bad luck, unfortunate fat distribution, and the effects of ageing.

If you feel embarrassed, removing your shirt on the beach, or wearing tight t-shirts, Male Breast Reduction Surgery can help. The surgeons remove any extra glandular and fatty tissue to leave the chest looking flatter, leaner, and more masculine.

### **What happens in Male Breast Reduction?**

Bella Vou offers a range of procedures to treat gynecomastia. The best treatment for you will depend on your health and your chest. The surgeons will assess your chest before tailoring a bespoke treatment plan.

Male Breast Reduction surgery can include Vaser Liposculpture to remove excess fat, Breast Reduction surgery to excise glandular breast tissue, Skin Excision, or Renuvion to tighten the skin and treat any loose folds, BodyTite treatment to remove fat and tighten skin, and Areola Reduction to reduce the size of the pigmented area around the nipple.

### **How long is the recovery from Male Breast Reduction?**

Your recovery will depend on the extent of the surgery and your general health and wellbeing.

Smaller operations can be performed under local anaesthetic as a day case, so you won't need to stay in hospital overnight. However, more enlarged male breasts will need to be operated on under general anaesthetic and require a hospital stay.

### **Quick glance guide to Male Breast Reduction**

**Procedure Time: Around 1 hour**

**Recovery: 1-3 weeks**

**Anaesthetic: Local anaesthetic. General anaesthetic.**

**Hospital stay: An overnight stay following extensive surgery or general anaesthetic**

**Treats: Excess fat and glandular tissue from male breasts**

### **Why choose Bella Vou for your Male Breast Reduction?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra charges.

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

### **Your Male Breast Reduction journey at Bella Vou**

#### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon. There's no obligation to proceed to treatment; it's an opportunity to discuss any concerns and receive an impartial professional opinion.

The plastic surgeons will make sure that no underlying condition or medications are causing the problem. They will then assess the chest to evaluate the volume of tissue, areola size, and amount of excess skin, before suggesting a bespoke treatment plan targeted to your needs.

Mr Amir Nakhdjevani says:

*'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

## **Meet your surgeon**

You will be offered a further appointment with your consultant before proceeding to Male Breast Reduction. This will give you a chance to find out more about the procedure and to ask any questions you may have.

## **Preparation for Male Breast Reduction**

You'll be given individual pre-operative advice to reduce your chance of bleeding or infection and support your healthy recovery.

It's important to let your surgeon know if you're on any prescription or over-the-counter medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can disrupt the healing process. You will be advised about the time to start fasting if you have a general anaesthetic.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

## **What happens during Male Breast Reduction?**

Male Breast Reduction can be performed under local or general anaesthetic depending on the extent of surgery and your personal preference. The specific operation will depend on the procedures you are undergoing. Surgery can include:

**Breast tissue excision:** For breasts that are predominantly glandular tissue, surgical removal is necessary. The surgeon makes an incision around the areola and cuts away the excess tissue using a scalpel. If the swellings are very large, then any excess skin will need to be removed, the skin lifted and tightened, and the nipples repositioned.

**VASER™ Liposculpture:** Vaser is effective for breasts that are predominantly fatty tissue. It is an innovative procedure to remove areas of fat and sculpt the body. The surgeon makes several small incisions in the skin of the chest. They then introduce

a device to liquefy the fat and suck it out of the breasts, reshaping and contouring the body.

**Renuvion skin tightening** can be performed at the same time as **VASERlipo™**. The surgeon inserts a Renuvion probe under the skin. The device uses plasma energy to tighten loose skin to create a toned, smooth appearance.

**BodyTite:** The surgeon will make several small incisions, around 3mm in size. They will introduce a narrow cannula or tube under the skin. The device uses radiofrequency to soften fat, so that it can be removed using the cannula to tone and tighten the torso.

## **Recovery from Male Breast Reduction**

Your post-operative recovery will depend on the procedures you have had. You may be able to go home the same day, but many men need to stay in hospital overnight to recover in comfort. The staff at Bella Vou will offer pain-relief, monitor your rehabilitation, and provide support every step of the way.

After the operation, the chest will be sore and bruised. You will be given an elastic compression garment to reduce pain, bleeding, and swelling. You should wear this to maintain your comfort and speed up the healing process.

After one week, the nurse and wound care specialist will check your scar. At around six weeks, your surgeon will check your progress, and at six months, the nurse and wound care specialist will see you again to ensure that you remain healthy, well, and happy with your results. If you have any questions or concerns, the Bella Vou team are always on hand to offer support and guidance.

## **FAQs**

### **What makes male breasts develop?**

The hormone swings of puberty mean that most teenage boys will have some breast enlargement, at some stage. This usually settles without treatment so that the problem affects around one in ten men by early adulthood.

Your surgeon will exclude any drug or medical causes of the swelling before agreeing to operate. Being overweight or drinking too much alcohol can increase the risk of gynecomastia, so it's worth trying to get into shape and cut down on booze before considering surgical treatment.

### **Can Male Breasts Be Unilateral?**

Yes, the breasts do not always enlarge symmetrically. Whether your gynecomastia affects both sides or is unilateral, the surgeons at Bella Vou can treat the problem.

### **Can male breasts come back?**

There is a small chance of recurrence if all the glandular breast tissue is not removed. The surgeons at Bella Vou can perform revision surgery if the problem comes back. However, in a majority of patients, Male Breast Reduction is a one-off procedure.

### **How soon will I see the final results?**

For most men, the majority of the swelling goes down over the first few weeks following surgery. However, the final result is not fully apparent until three to six months after surgery.

### **What Is Gynecomastia?**

Gynecomastia is the scientific term for enlarged male breasts. They are often a source of embarrassment for men of all ages and can have damaging effects on self-confidence. Male breast reduction is an ideal way to combat these issues permanently.

### **Will I have swelling and bruising after Male Breast Reduction surgery?**

Any surgery involves cutting and manipulating the skin and tissue, which results in swelling and bruising. Following Male Breast Reduction, swelling, bruising, and discomfort on movement is common in the first week. Take regular pain relief during the initial recovery, after which the symptoms will gradually start to subside.