



## GYNAECOMASTIA

Gynaecomastia or male breast reduction surgery, is a surgical procedure in mature and adolescent men that provides a perfect appearance that removes over developed breast tissue from the centre. Overgrowth of gynecomastia or breast tissue is seen in 40% to 60% of men. Although the cause is not always known, some hormonal medicines, harmful tobacco and alcohol use and obesity increase this rate. This can cause extreme embarrassment, social restriction or limitation and loss of self-consciousness for young men and adult men who complain.

Gynecomastia is an aesthetic surgical procedure performed by combining intense breast skin texture, usually behind the nipple, and procedures to reduce fat tissue on the pectoralis major muscle. This can be in one and / or both breast regions of mature and young men. Although it is not a serious medical condition, it can cause people to suffer distress and shyness.

Men who benefit from gynecomastia surgeries usually have swelling in the area after the procedure, and even touching the breasts can be painful in the first days.

A preliminary interview (consultation) is performed during the surgical procedure to determine the specific surgical plan including sedation or general anesthesia and local anesthesia.

If the present complaint is due to excessive fat tissue, the aesthetic surgeon may prefer to use an oil intake-liposuction technique involving a thin, hollow tube placement method called a cannula. Excess fat tissue is sucked out using a cannula.

Another option is to separate the “glandular breast tissue” from the breast region using a surgical technique called excision. If we summarize this process, the aesthetic surgeon removes the main texture with more skin incision and reshapes the breast during this procedure.

On the occasion where patients require drains to be fitted during procedure, these need to be personally manually removed (by patient or assisted) up to one week post-surgery. This shall be discussed on how to do before discharge from hospital.

Surgical corset shall be supplied and should be worn full 2 months post op only removing for showering / bathing purposes.

No heavy lifting post op for couple weeks and normal sport activities can be resumed after one month.

Type of anesthesia: General

Hospitalization: 1 day

Total Stay in the City: 2 days

Duration of the surgery: 1-1.5 hours

COMPLETE FULL COURSE MEDICATION PRESCRIBED