

FREQUENTLY ASKED QUESTIONS - MALE BREAST REDUCTION

Who is a candidate for male breast reduction surgery?

Gynaecomastia can be corrected in healthy men of any age. Usually the best candidates for surgery have firm, elastic skin that will reshape to the body's new contours. This procedure is not a way to lose weight. We often discourage surgery for obese men, or for overweight men who have not first attempted to correct the problem with exercise or diet restrictions.

What does male breast reduction involve?

Male breast reduction procedure removes fat and or glandular tissue from the breasts, and in extreme cases removes excess skin. The surgery is usually carried out under general anaesthetic and you would normally be required to stay in hospital for one night.

What should you know about male breast reduction?

Before you decide to go ahead, Dr. Gahankari will offer you a thorough one-to-one medical consultation about Gynaecomastia correction procedures. During your consultation, he will ask for your detailed medical history and advise you on how he proposes to approach the corrective surgery in your case.

Are there any risks with male breast reduction?

Every year, many men undergo successful

breast-reduction surgery, experience no major problems and are delighted with their results. Anyone considering surgery, however, should be aware of both the benefits and the risks. Dr. Gahankari will discuss these with you during your consultation.

What happens after the reduction surgery?

Bruising is to be expected as result of the surgery and may persist for a week or so. Hardness or lumpiness within the tissues due to swelling can persist for a month or so. Infection is uncommon but preventative antibiotics will be prescribed at discharge from hospital. To monitor your progress, we will ask you to keep appointments with Dr. Gahankari or his nursing staff.

When will I see the results?

Following treatment, the breast tissue is unlikely to grow back but the swelling can take up to six months to settle completely.

When can I resume my normal activities?

Many patients return to work between one and two weeks following surgery. Lifting should be avoided for about 14 days. Sport, particularly contact sport, should be avoided for at least one month. This includes swimming. Gentle exercise such as walking is recommended.