Male Breast Reduction (Gynaecomastia)

Gynecomastia is a medical term that comes from the Greek words for women-like breasts. Though this oddly named condition is rarely talked about, it's actually quite common. Gynecomastia affects an estimated 40 to 60 percent of men. It may affect only one breast or both. Though certain drugs and medical problems have been linked with male breast overdevelopment, there is no known cause in the vast majority of cases.

For men who feel self-conscious about their appearance, breast-reduction surgery can help. The procedure removes fat and or glandular tissue from the breasts, and in extreme cases removes excess skin, resulting in a chest that is flatter, firmer, and better contoured. Dr Gahankari uses modern technique in male breast reduction which utilizes combination of surgical breast tissue reduction, liposculpture and internal breast tissue flaps to prevent excessive flattening. Liposculpturing helps in producing well contoured breasts. The scars in most cases are around the areola and are very inconspicuous.

Gynecomastia can be performed under general anesthesia or under local anesthesia with intravenous sedation and takes between 1 and 2 hours. Male breast reduction is a plastic surgery procedure where the reduction of breast volume can many times be accomplished with ultrasound assisted liposuction. In some cases, a small incision may need to be made in order to remove tissue directly. In rare cases, skin may be removed from around the areola.

Initial recovery time for Gynecomastia is from 7 to 10 days. The complete recovery time is from 4 to 6 weeks. This means no heavy exercise such as lifting weights, vigorous workouts at the gym, or any other strenuous activity. It may take at least 6 months to a year for the final results.

After gynecomastia surgery, your chest will be flatter, firmer, and better contoured. The results of the procedure are significant and permanent, if a stable weight is maintained. If your expectations are realistic, chances are good that you'll be very satisfied with your new look. Determine if male breast reduction is for you.

When male breast-reduction surgery is performed by a qualified plastic surgeon such as Dr Gahankari, complications are fewer and usually minor. Nevertheless, as with any surgery, there are risks. These include infection, excessive bleeding, fluid accumulation and asymmetry.

The procedure may also result in noticeable scars, permanent pigment changes in the breast area, or slightly mismatched breasts or nipples. If asymmetry is significant, a second procedure may be performed to remove additional tissue. The temporary effects of breast reduction include loss of breast sensation or numbness, which may last up to a year.

Medicare rebate may be applicable in most cases.