

Male Breast Reduction (Gynecomastia)

Gynecomastia, a condition of over-developed or enlarged breasts in men, affects between forty to sixty percent of men and is common in all age groups. It can be the result of hormonal changes, heredity conditions, disease or the use of certain drugs. Gynecomastia can cause emotional discomfort and impair self confidence. Some men may even avoid certain physical activities and intimacy simply to hide their condition.

Gynecomastia is characterized by excess localized fat, excess glandular tissue development, or a combination of both. Gynecomastia may be present unilaterally (one breast) or bilaterally (both breasts)

Who needs it? How is gynecomastia surgery performed? Recovery? Risks?

Who needs it?

Gynecomastia surgery is a highly individualized procedure and you should do it for yourself, not to fulfill someone else's desires or to try to fit any sort of ideal image.

This procedure is a good option for you if:

- You are physically healthy and of relatively normal weight
- You have realistic expectations
- Your breast development has stabilized
- You are bothered by the feeling that your breasts are too large

How is gynecomastia surgery performed?

Plastic surgery to correct gynecomastia is technically called reduction mammoplasty, and reduces breast size, flattening and enhancing the chest contours.

In severe cases of gynecomastia, the weight of excess breast tissue may cause the breasts to sag and stretch the areola (the dark skin surrounding the nipple). In these cases the position and size of the areola can be surgically improved and excess skin may be reduced

After surgery Dr. Butterfield will recommend the use of a compression vest to help decrease swelling and to help prevent excessive bleeding. It is important to wear the vest for the first two weeks after your procedure.

Recovery?

Most patients can return to work after 5 to 7 days, but will need to avoid heaving lifting for the next several weeks to decrease the risk of a bleeding complication.

Risks?

Any surgical procedure comes with inherent risk, such as the effects of anesthesia, infection, bleeding and swelling. These and other complications rarely occur.