

Gynecomastia (male chest reduction)

Male chest reduction is a popular procedure in male cosmetic surgery. If you consider having this surgery, you need to know a few things about it.

1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you want, why you want it and for how long.
- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your current medications, your allergies to medications, if you are a smoker or not.
- You will be asked for how long you have this problem, if it is affected by weight gain/loss, if you are doing any sport to improve it, if some tests have been prescribed when you first mentioned the problem to your GP (blood tests) as it can be related to a temporary hormonal imbalance).
- You will be asked to say what sort of results you are looking for. (perfection or improvement)
- Your surgeon will examine you, will test your skin tone, your muscle tone and will take some measurements.
- Then, the whole operation will be explained to you in details, including:

-the type of anesthesia (general/sedation)

-the different options: liposuction only, (if it is just a fat problem)

liposuction combined with breast gland reduction, (if it is a fat problem and an enlarged breast gland)

liposuction combined with breast gland and skin reduction, (if it is a fat problem + enlarged gland + excess skin)

pectoral implants (if the pectoral muscle is not firm enough to give a nice shape to the chest)

-the incisions (length, position, and outcome): generally 2 dots per side for liposuction/periareolar scar if gland reduction/ inverted T scar if skin reduction/axillary incision if pectoral implant)

-the work performed (fat removal, breast tissue removal, uplift)

-what you have to expect from this operation (if liposuction alone, the quality of the results depends on the elasticity of the skin which is supposed to be reshaped after a few months)

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-the type of sutures used, the type of dressing, the support vest you will have to wear for 3 weeks (day and night)

-drains

You are usually staying the day in the hospital and will go home late in the afternoon.

2)What happens when you decide to go ahead with your surgery?

You are always welcome to come back for a second consultation

Then,you call the office ;we book the hospital for you.

You will have to do a blood test(usually in a private lab),mostly to check your red and white cells and your coagulation.

Before the operation, you are not supposed to take aspirin or similar tablets.

You will have to stop eating, drinking and smoking 6 hours before the operation.

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before.

He will ask you to sign a consent form, where all the possible risks are mentioned.

He will then do some markings on your skin and take some before photographs (they will stay in your file and are totally confidential)

-Then, you will meet the anesthetist and you will be taken to theater.

Your operation takes about one hour.You will spend half an hour in recovery, before being taken back to your room.

3)Do I need to lose weight before surgery?

If you are overweighted, yes, it is advisable to lose some weight before and sometimes after the surgery.Sport is also recommended

There is obviously a limit to what can be done , and you have to be realistic about the expectations

4)What happens after the surgery?

-Back home you are supposed to take it easy: no sport, no heavy lifting for 3 weeks

-You cannot shower for one week (2 weeks if skin reduction was necessary), you cannot drive for one week

-You might be in pain and will need to take some painkillers. You will be told to

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take some antibiotics, and arnica tablets for one week

Stitches will go ,by themselves within 2 weeks

-You are supposed to come back to the clinic after one week for the first wound check (but you can contact the office anytime in between), and then you will see your surgeon on the second week. After this first post operative check up, you will see your surgeon ,one month ,and then,3 months and 6 months after the surgery. Then, it will only be once a year

The initial swelling will disappear within 3 weeks, and the rest on a period of 3 months.

Massage by a physiotherapist is recommended

5)What are the risks of this operation?

Apart from the usual side effects (pain(3-5 days), swelling ,numbness), there are some potential risks

-bruising (severe ones)

-infection (this is why you have the antibiotics and why you need to take a good shower the night before and the day of the operation with betadine scrub)

-asymmetry

-irregularities

-blood clots

-false expectations: if you have a liposuction only, the quality of the results depends on the skin elasticity

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery.

Would you have more questions, do not hesitate to ask your surgeon, who will be always pleased to see you again during a second consultation