

Treatment of gynecomastia

Surgical volume reduction of the male breast may be necessary due to excessive glandular or fatty tissue. Males who particularly care about the appearance of their chest may dramatically benefit from such a procedure.

Scientific article:

Stark GB, Grandel S, Spilker G. Tissue suction of the male and female breast. *Aesthetic Plastic Surgery*, 16(4), 317-324, 1992.

Consultation

During the initial consultation your wishes and goals as well as possible reservations will be addressed in detail. Subsequently, a careful physical examination is conducted and an individually tailored treatment plan formulated. Preoperative photographs are used for explaining the procedure in a step-by-step manner. Available procedures are then discussed including possible limitations and risks.

Underlying endocrinological and urological problems which may cause gynecomastia (rare) are addressed as is the rare occurrence of breast cancer, which may manifest as unilateral gynecomastia. In the majority of cases men with gynecomastia are otherwise totally healthy.

At a glance:

Length of procedure:

■ Approx.. 1,5 hours

Postoperative care:

■ Compression garments for 4 weeks

Anesthesia:

■ Usually local

In-patient stay

■ 1-2 days

Who is an appropriate candidate?

Ideal candidates are men who have feminine breasts, regardless whether caused by glandular or fatty tissue excess. Among other parameters skin elasticity determines the technique applied.

Procedure

The almost scar-free technique which was developed by Prof. Stark has become worldwide standard. The procedure is conducted in general anesthesia on an outpatient basis. In many cases local anesthesia and sedation may be considered. Often, tissue suction alone may suffice. In cases with glandular hypertrophy tissue removal is via a small inframammary incision with subsequent pathological analysis. Liposuction allows a nice contouring of the chest region.

Postoperative Care

Depending on the extent of the procedure up to two drains may be placed. Furthermore, the patient is asked to wear compression garments for 4 weeks. Swelling may persist for several weeks. Skin shrinkage may need up to 6 months. Physical activities should be avoided for 4 weeks. In the majority of patients a durable improvement of appearance with resultant positive influence on self-esteem may be achieved.