

Six Important Questions about Male Breast Reductions

During the course of our consultations, we have noticed that many patients ask the same questions regarding male breast reductions. For your convenience we have listed the six most frequently asked and important below. We hope you find the information useful.

1. Does the procedure last or can new breasts form?

Cases of 'genuine' gynecomastia (men developing breasts), are caused by glands promoting breast growth. In this case a large proportion of the gland tissue has to be moved in order to prevent breasts recurring. During puberty 'genuine' gynecomastia sufferers are prone to the release of the female hormone oestrogen and breasts can develop again after an operation. For this reason it is recommended the operation be performed after puberty. However in exceptional cases where extreme breast development is occurring, there may be grounds to have a procedure performed before the end of puberty. Other factors that can cause breast recurrence are certain medications and anabolic steroids. If you have a pre-disposition to weight gain, and developing breasts, a condition known as 'pseudo-gynecomastia' (i.e situations where glands play no role), then further weight gain can lead to a recurrence.

2. How big and noticeable are the resulting scars?

The scars are nearly invisible, as an incision about 2-3 cm long is made in the dividing line between the nipple area and the surrounding skin.

3. Is sensitivity reduced in the area operated on?

There is usually a temporary lessening of sensitivity, which rectifies itself in a few weeks as healing progresses.

4. Is there much pain following the operation?

There is a feeling of 'tension' due to soft tissue swelling caused by the fat removal procedure, and as the swelling goes down, this is relieved.

Treatment of gynecomastia - at a glance

Length of procedure:

- Approx. 1,5 hours

Postoperative care:

- Compression garment for 4 weeks

Anesthesia:

- Usually local

In-patient stay:

- 1-2 days

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5. What is the earliest age at which the procedure can be performed?

After the end of puberty, as the body is still developing during adolescence, so there is a greater likelihood of breasts reforming. In extreme cases, where the condition causes a lot of psychological distress during this sensitive time, there may be a case for performing the procedure earlier.

6. How soon after the operation can I resume strenuous sporting activities, for example, bodybuilding?

After 2 weeks light sport can be practiced, but strenuous sports should only be resumed after the wounds have further healed (approx. 4-6 weeks), after the operation.