

Gynaecomastia (Male Breast Reduction)

What is Gynaecomastia?

Gynaecomastia is a condition in men that causes excessive enlargement of the male breast. Gynaecomastia surgery is designed to reduce the excess breast tissue in this area.

Would this procedure be suitable for me?

Gynaecomastia surgery is suitable for men who have an excessive enlargement of the breast tissue.

How is this procedure performed?

Excess breast tissue is surgically removed using a small excision around the nipple. Sometimes a liposuction technique is also used to remove further excess fatty tissue. In some cases excess skin may also need to be removed.

What are the complications of this procedure?

In most cases a small scar is located around the nipple and fades with time. Bruising, swelling and tenderness is common and usually lasts around two weeks. Temporary numbness of the breast area can occur and subsides with time.

Will I be hospitalised and what is the recovery period?

Gynaecomastia surgery is performed under a General Anaesthetic in our Day Surgery Centre or hospital environment. The recovery period varies from person to person, but most people return to basic activities within two weeks. No strenuous activity is advised for six weeks.

What results can I expect?

The aim is to decrease the volume of breast tissue and create a more favourable contour closer to the chest wall. It is very important that people have realistic expectations regarding the outcome of the surgery.