

What is Gynecomastia?

Gynecomastia is the surgical removal of excess fatty tissue and possibly the removal of excess skin from the male chest. This increase in tissue is often inherited or hormonal. Excess skin is often secondary after dramatic weight loss. Liposuction techniques are used to remove the excess fatty deposits leaving the breasts flatter in appearance.

Details of Procedure

This procedure is performed at ICLS, our facility, under general anaesthetic. Liposuction techniques are used to remove the excess fatty deposits. The most common method of performing liposuction is the tumescent technique. With this approach, a large amount of anaesthetic solution is injected into the areas to be treated. The liquid causes the compartments of fat to become firm or tense, allowing the liposuction cannula to move smoothly beneath the skin as the fat is removed. This usually results in less post-operative bruising, swelling and discomfort as compared to traditional methods. An incision is made approximately 1/2 inch wide and a wand like instrument is inserted and gently vacuums out the fat cells. The incision is placed in an inconspicuous area, so the small scar is not as noticeable. Excess skin from the breast can also be removed at this time if required. The scars associated with skin removal vary depending on the amount of skin required to be excised. Dr. Khanna will discuss this with you at the time of your consultation.

Post Treatment Care

During recovery the patient is required to wear a compression garment, which aids in healing. The garment is worn for 4-6 weeks, during this time the patient should not engage in any strenuous activities for example, exercise, lifting, pushing, etc. The patient may notice that they are retaining extra fluid; this is normal and will eventually pass through their system. They will also feel discomfort during this time as well; this should begin to subside after 10 days to 2 weeks.

Possible Risks

The specific risks and the suitability of this procedure for a given individual can be determined only at the time of consultation. All surgical procedures have some degree of risk. Minor complications that do not affect the outcome occur occasionally. Major complications are unusual.