



# Male Breast Reduction (Gynaecomastia)

---

## What is Gynaecomastia

Male breast reduction surgery is a liposuction technique designed to combat excessive breast development in the male chest area, otherwise known colloquially as ‘man boobs’.

This is an extremely common cause of embarrassment to men and can be treated easily and discreetly via this effective procedure. This is one of the most common cosmetic procedures for men.

The overall effect is to deliver a more sculpted, aesthetically pleasing breast and chest area, firmer to the touch and with tightened, smooth overlying skin.

Excessive breast development, or gynaecomastia, in males can be caused by:

- A natural hormone imbalance, e.g. oestrogen / testosterone
- Medical condition, e.g. testicular disease, cirrhosis
- Weight gain or obesity
- Steroid use

---

## Why do people have it

The reasons for having male breast reduction surgery are both cosmetic and psychological, and include:

- For a firmer, leaner upper chest area
- An ability to wear tighter cut clothes/t-shirts
- Tightened chest skin and elasticity
- An improved sense of emotional wellbeing
- A more masculine looking chest

---

## Who is suitable

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- You are in good psychological and physical medical health
- You are at your ideal body weight
- You have a positive outlook and realistic expectations of what can be achieved via surgery
- You are seeking to remove excess fat deposits in your chest
- You are seeking to remove excess skin in your chest
- You are seeking to tighten the skin in your chest area
- You are seeking to improve the shape and contours of your chest
- You are seeking to restore symmetry to your chest area
- You are looking for long lasting results

---

## What to expect



### PHASE 1: CONSULTATION

The first step for all of our Male Breast Reduction patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation. At the consultation you will be able to discuss with your surgeon what you hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the options available to you, and which is the most preferential for you given your stated ambitions. Having established this, several key measurements will be made and standard clinical photography will be taken.

- Am I a good candidate for this procedure?
- Can I achieve the results I am asking for?
- What will be expected of me to get the best results?
- Do you have before-and-after photos?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What scars will I be left with?
- Will I be in pain after the surgery?
- How soon after Male Breast Reduction can I return to work?

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

---

## What to expect



### PHASE 2: PRE-PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications (see FAQs)
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin



### PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

In cases where gynecomastia is primarily the result of excess fatty tissue, liposuction techniques alone will be used. A cannula, a thin hollow tube, is inserted through several small incisions and moved back and forth in a controlled motion to loosen the excess fat, which is then removed from the body by vacuum suction. An excision technique may also be used if gynecomastia is primarily the result of excess glandular breast tissue.

The surgery should take between one and two hours.

---

## What to expect



### PHASE 4: POST PROCEDURE & RECOVERY

You should not feel much pain during the procedure, but you may have some for a few days or weeks afterwards. You'll be given painkillers if you need them.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

---

## What are the risks

Male Breast Reduction surgery is a safe procedure, but it is common to experience:

- bruising and swelling
- a small amount of scarring
- temporary numbness

As with all surgical procedures, Male Breast Reduction surgery carries some risk and it is possible that you might experience:

- Nausea
- Seroma
- Bleeding or Infection
- a collection of blood underneath the skin (haematoma)
- Poor healing of incisions and scarring
- death of fat tissue (fat necrosis) or embolism

Your surgeon will discuss these risks comprehensively at your consultation and explain how likely these risks and complications are, and how they would be treated.

---

## Why Come to Cadogan Clinic for Male Breast Reduction (Gynaecomastia)?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

---

## At a glance facts



### SURGERY TIME

Up to 1 hour



### HOSPITAL STAY

Day case



### TIME OFF WORK

1 week



### FULL RECOVERY

6 weeks

