

Gynaecomastia is an excess of tissue in the breast area in men.

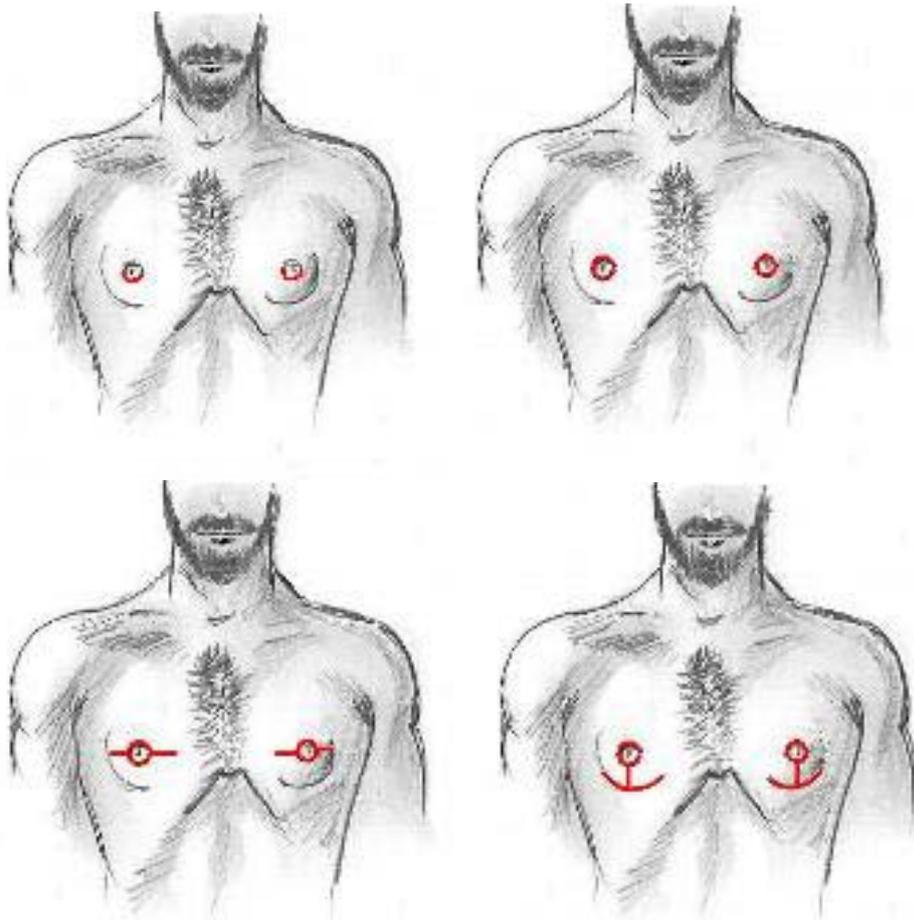
This can be due to physiological changes in hormones in infancy, adolescence and old age, an increase in oestrogen due to obesity, a decrease in the breakdown of oestrogen due to liver disease, certain medications and hormone producing testicular and adrenal tumours, hyperthyroid disorders and after a large weight loss.

By far the most common cause is idiopathic, i.e. there is no clear cause for the gynaecomastia.

The scars from correction of gynaecomastia can be:

- Only along the inferior edge of the nipple
- Or all around the nipple
- around the nipple and to the sides
- Or around the nipple, vertically down from the nipple to and including a line under the chest in very large cases

Barbara Jemec will discuss and explain the best option for you with you at the consultation.



Gynaecomastia correction is performed under General Anaesthesia and usually involves liposuction of the area first. Depending on the amount of excess skin the scar can be any of

the scars on the drawings above. You may have a drain (thin plastic tube to drain away excess tissue fluid) from each side, which is removed the next day.

You can go home the same day or stay overnight and you will have painkillers and antibiotics to take home.

The wounds are taped and you are advised to wear a supportive vest for the next 2-4 weeks, during which time you should avoid vigorous exercise. Depending on your job you should take 1-2 weeks off work.

The potential complications from correction of gynaecomastia are:

- Bad scars (you will have scars but they are usually not bad)
- A bleed in the area which necessitates your return to theatre for the blood to be removed
- Infection
- Loss of or altered nipple sensation

To listen to Barbara Jemec explaining about male breast reduction or gynaecomastia log onto <http://www.buyassociation.co.uk/lookinggood/radio/male-surgery/male-breast-reduction---barbara-jemec.html>