

# Gynaekomasty

**Motivation:** Men are bothered especially in wearing t-shirts or tight shirts by the female like appearance of their chest. Especially in summer when men wear shorts the chest is exposed.

There exist many reason of increasing size of breast tissue in male patients. Hormone imbalance might be one reason. In most cases male put not only weight on the hips but also on the breast. It is very important to get an ultrasound examination of the breast tissue and a hormone test before the surgery. A laser liposuction or excision of the breast tissue is removing the excessive breast tissue.

**Goal:** A flat masculine chest with invisible scars

## 1. Liposuction

**Marking:** 2-3 small incisions of max. 5mm of under the breast fold and lateral.

**Technique:** In tumeszenz technique the laser liposuction is reducing the breast tissue, the liposuction with fine cannulas removes the liquid fat fluid.

**Anaesthesia:** In local or general anaesthesia.

**Recovery Time:** approx. 3-5 days, compression garment for 6 weeks, suture removal after 2 weeks.

## 2. Surgical Excision of the Male´s Breast Tissue

**Marking:** Around the nipple with a half moon shape excision.

**Technique:** Surgical excision of the breast tissue.

**Anaesthesia:** Local or general anaesthesia.

**Recovery Time:** 5 days, suture removal after 12-14 days.

## What you Have to Consider before and after Surgery

Preop:

- 5-7 days prior surgery consultation for the final consent
- Lab control: clotting screen, blood screen, renal- and liver function, sodium and potassium, hormone tests
- Not a high alcohol consume, no anti-clotting drugs like aspirin, ginger water, green tea or Vit B substitutes 2 weeks prior surgery
- Start 3 days before surgery with arnica D12 5 pills 3x daily
- ultrasound scan of the breasts

Postop:

- Continue with arnica, bromelain, antibiotic- and anticoagulation to prevent thrombosis and embolism
- No workout for approx. 6 weeks, no sauna and no intense sun exposure for 8 weeks.