

Patient information sheet – Gynaecomastia correction

Why is Gynaecomastia correction done?

Gynaecomastia correction or Male breast reduction is done to treat Gynaecomastia, which is a condition where men have unusually large and painful breasts which can cause a lot of embarrassment to young men in public.

What are the types of Gynaecomastia correction?

Gynaecomastia can be due to fat excess, breast tissue excess or both. Depending upon this, liposuction or gland excision or both is done accordingly.

How many days of hospital admission is required?

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

What does the surgery involve?

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia and takes about 2 hours. Liposuction is done through tiny stab incisions which are not noticeable. If you require gland excision, a semicircular incision around the areola is done (which is totally inconspicuous) to remove the gland. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be advised to wear compression garments after surgery.

What happens after surgery?

There will be a follow up appointment after 1 week to check the wound. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

What is the downtime after surgery?

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 3 weeks.

What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Some alterations in sensations of the nipple and areola is common, but usually recovers in about 6 weeks time.

I have a few more questions. What do I do?

Kindly write to us at contact@drvvybhavderaje.com. We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.

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