

Gynecomastia (male breasts)

PROCEDURE

Gynecomastia is a condition in which the breast tissue of some men becomes enlarged or over-developed. It can occur in men of all ages, and can be the result of hormonal changes, genetics, illness, or the use of certain drugs. This chest fullness can be caused by localized fat, excess glandular tissue, or a combination of both fat and glandular tissue.

Surgical procedures offered to improve male chest contour include localized liposuction, direct excision of glandular tissue, or a combination of the two. In extreme cases, mastectomies with nipple grafting may be necessary.

PRE-OPERATIVE

Prior to booking surgery, you will need to decide who your support person will be. It is important that they are aware of the type of surgery you are having, that they are comfortable helping with incision care/are not “squeamish”, and that they are available solely to you during your immediate recovery period (they should not have any other commitments). At the minimum, you cannot be left alone for the first 24 hours after surgery; however, you may also need help with personal care/hygiene, meals, household chores, childcare, etc. for several days. We advise against driving until after you are seen in office postoperatively, as you cannot drive while taking pain medication.

After a surgical date has been confirmed, you will receive more specific information and a review of what you are required to complete before surgery. Once you have booked your date, please ensure you have the following supplies on hand:

- Tylenol Extra Strength
- Ibuprofen 400 mg.

DAY OF SURGERY

The procedure is done under a general anesthetic, so you will be asked to fast after midnight the night before. You must be discharged from the clinic with a responsible adult (preferably the person who will be helping care for you after surgery). A prescription for pain medication will be provided if needed. Arrival time for surgery will not be provided to you until about 1-2 weeks prior, so it is important that both you and your support person do not have any other responsibilities that day.

POST-OPERATIVE & LONG-TERM FOLLOW-UP

You can expect mild to moderate bruising and swelling post-operatively, peaking at around 72 hours and slowly resolving over the first couple of weeks. Mild to moderate discomfort is typical. Slight breast asymmetry is quite commonly seen in the early stages of healing.

You will be discharged from our clinic with bandages over your incisions and a pressure garment over your chest. Some gynecomastia patients will have small drainage tubes for 3-5 days post-op. You will be

instructed on incision or drain care, changing your bandages, and showering by our nursing staff prior to discharge.

POST-OPERATIVE & LONG-TERM FOLLOW-UP, CONTINUED

Our office nursing staff will see you in follow-up as required, usually about seven days after your surgery to assess healing and review scar management. It is recommended that your support person drive you to this appointment.

Strenuous activity, heavy lifting (more than 10lbs) and elevating your heart rate should be avoided until at least four weeks post-op. Gym and/or workout routine can typically be resumed at around four weeks, slowly working up to full activity at six weeks.

Though rare, post-operative complications from any procedure are possible. These can include infection, bleeding (hematoma), asymmetry of breast shape or size, fat necrosis, seroma, delayed healing, unsatisfactory scarring, or loss of the nipple areolar complex. Altered sensations (numbness, tingling, and/or hypersensitivity) are to be expected while you are healing, and can persist for several weeks or months. Our health care team follows you closely to recognize and treat any complications, should they arise.

As with any surgery, results cannot be guaranteed. The goal of cosmetic plastic surgery is improvement, and perfection is not attainable. Final results depend on many factors and healing can vary from patient to patient. It is important to remember to have patience during convalescence to allow your body time to recuperate and settle.

You will be seen by Dr. Robinson approximately 3 months post-op and again 1 year after surgery to assess your healing and the final shape of your chest. Post-operative photos will be done at this time. If revisions are required, they would be discussed, and a surgical plan set up at that time.

Call us at (250) 590-7097 if you have:

- Significant bleeding from the surgical site
- A fever over 100.4° F (38 C) within the first three days following the procedure
- Significant pain and swelling in the area that is not relieved with pain relievers
- Foul-smelling drainage from the site or increasing redness around the surgical site

In the event of an after-hours **EMERGENCY**, please call Dr. Robinson directly at the number provided by our office assistant.