



RESHAPE & RESTORE

Gynaecomastia Surgery

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Introduction

Reshape & Restore has put together this factsheet for anyone who is considering gynaecomastia surgery. We understand that undergoing a surgical procedure is not often an easy decision, and you may have many questions.

The aim of this factsheet is to outline the details of the procedure for correcting gynaecomastia, explaining how it works, how it's carried out and what to expect from the results. Being fully informed about the potential risks and complications of surgery, can help to answer any concerns which may help you in making a clear decision.

Every patient's surgery is a unique experience and the approach we take at Reshape & Restore is tailored to suit your specific needs. It is important to understand that as the requirements of each patient differ, so does the outcome. This will depend on a number of factors and with our guidance, we can help you to understand the realistic results that can be achieved.

Why have gynaecomastia surgery?

Gynaecomastia is a common concern among men of all ages. It can develop from a variety of reasons, whether genetic, medical, hormonal or through lifestyle choices. An overgrowth of tissue in the male breast area can enlarge the male breasts; an appearance that is not often considered to be a masculine trait. The appearance of enlarged male breasts are often referred to as 'man boobs' or 'moobs' and can start to make a man feel embarrassed, as they can be difficult to hide under clothing. As a result, this can impact the person's lifestyle and overall emotional well-being.

Gynaecomastia surgery can help to reduce or eradicate this concern, and restore the male chest area to its original, flatter form, with more masculine contouring.

The consultation

The consultation is the most important part of any treatment journey. Not only does it give you the chance to meet your surgeon, it provides the opportunity to discuss what is concerning you and what you are hoping to achieve from surgery. There are a variety of factors we need to consider before recommending any procedure, including: general health, skin type, risk of bleeding, how well you're likely to heal, smoking status, alcohol consumption and medications. We also examine your enlarged male breasts, and we'll talk through the appearance you are likely to achieve. We'll provide information about how the procedure is carried out, any potential risks and complications, and what to expect during the recovery period. The aim of the consultation is to give you a better understanding of what undergoing surgery involves and what it can mean for you. As there is a lot of information to absorb, we don't expect you to make a decision there and then. It is our policy at Reshape & Restore to offer a second consultation at a later date so you have had some time to think, and consider the details of the operation - including reading any information leaflets that have been provided by us. In many cases a person goes away and finds they have other questions that weren't thought of at the time, which can then be addressed at the second consultation. Only when both you and us are completely certain that undergoing surgery is the right option for you, will we make an appointment. During this session we will also take some photographs of your 'before' appearance and give you the opportunity to speak with past patients - this has proven to be very valuable for many of our patients.

What happens during the procedure?

As with every procedure that we carry out at Reshape & Restore, the way we approach your procedure is unique to you. Surgery to correct gynaecomastia is medically

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known as reduction mammoplasty, and each male breast is treated individually. We don't expect to have to remove the same amount of fat or tissue from both breasts as cases can vary. The procedure can be performed on either one or both of the male breasts, depending on your own case.

We usually recommend that the procedure is carried out using a general anaesthetic, and when we discuss the surgery during your consultation, we will decide if this requires an overnight stay in hospital or whether we can treat you as a day case. In most cases an incision is made around the outside of the areola, which also helps in concealing any scarring. We will then extract the required amount of tissue before closing the incisions with small stitches. If there is a small amount of fat present, we can remove this through the use of liposuction, a procedure that uses a suction technique to draw fat from the body. When gynaecomastia (enlarged male breasts) has been a prolonged concern, it is common for the skin to become stretched. This can cause an excess of skin which can then cause the male breasts to look droopy. The likelihood of this happening will be discussed at the consultation, and we can include the removal of excess skin during the procedure. This is done by extending the incision to also run from the base of the areola, downwards to enable the skin to be trimmed away.

On the day of your surgery, you will be asked not to eat or drink anything from midnight, and you should not apply any creams, lotions to the chest. We usually advise that you have someone drive you home from the hospital and also to stay with you on your first night at home.

What can i expect after the procedure?

Before we discharge you we will ensure you have been provided with suitable pain relief advice and some ointment to apply regularly to the wounds while they heal. It is not recommended that you use aspirin or brufen as these medications can increase bruising and the risk of postoperative bleeding. If any drains have been applied they will be removed, and we will arrange your first follow up appointment - usually 7 - 10 days after surgery.

Your chest area will have some degree of swelling, tenderness and bruising, immediately following the procedure. The skin may also feel tight, and you may experience some temporary numbness. These effects

are expected to gradually settle over the next few weeks, and we ask that you keep the chest area dry for 1 week. At your first appointment we aim to remove any stitches, if your healing allows. You should then be able to have a gentle shower, using non-perfumed products and warm water. When drying your chest area it is better to pat it gently using a soft towel, as rubbing will be uncomfortable and may disturb the wounds.

Having surgery can be hard on the body and it will use a lot of energy while it heals and recovers. You will benefit from taking it easy for a few weeks, only undertaking light duties and keeping activity levels low. Heavy lifting should be avoided for around 3 - 4 weeks, and rigorous exercise, swimming and the gym should be avoided for between 6 and 8 weeks. You'll also be advised to wear a supportive garment for around 2 weeks which will help support your body during healing. You can expect to take around 1 week off work, depending on your job, when you should feel more comfortable to drive and resume normal daily activities. Our aftercare programme entails a series of follow-up appointments made approximately 1 week, 6 weeks, 3 months and 6 months after surgery. Your healing, recovery and development of results will be closely monitored during this time, and we will provide you with any necessary advice to ensure the outcome is effective.

What are the risks of surgery?

People who undergo a surgical procedure are usually concerned about how much scarring will be left behind. At Reshape & Restore we use modern surgical techniques which consider where incisions are made, and where scars will form. As incisions are kept to a minimum, scarring is usually less noticeable and can be hidden under clothing. In some cases a person is prone to developing hypertrophic scars, which can be particularly thick or raised from the skin. During our follow-up procedures we will monitor how your scars are developing and if hypertrophic scars are becoming likely, there are ways we can treat this in the future.

During the consultation we will discuss potential complications, which are always a risk when undergoing surgery. Haematoma is a condition where blood collects under the skin, and is a risk in the first few hours after the procedure. If this occurs we will need to take you back to the theatre to have it removed. Infection is fairly uncommon and careful aftercare is often the best way



to prevent an infection from developing, and a course of antibiotics will help to clear it up. We mentioned temporary numbness as a possible side effect, but in some very uncommon cases this can be prolonged. It happens if the nerves are bruised and don't start to work as quickly as expected. Although it can cause some alarm, in most cases it does resolve itself in time and doesn't remain permanent. We will discuss how this is managed at the consultation. It is important to maintain your mobility while your body is recovering. You should try to move around regularly as you may risk developing Deep Vein Thrombosis (DVT), a condition where a blood clot forms in the leg. This only happens in around 1% of cases and we provide medication for you to take after the procedure to minimise the chance of this occurring.

If at any time you are concerned with your healing, or experience prolonged side effects / a burning sensation / discharge from the wounds, you are welcome to contact the Reshape & Restore team. Particular symptoms to look out for include: temperature above 38.5, pain and discomfort that is not relieved through painkillers, bleeding or discharge from the wounds and sudden swelling at the wounds.

What results can i expect?

The final outcome often takes several weeks (or maybe even a few months) to develop fully. To begin with, the chest area will be swollen and red, which can mean the breasts may still appear to be enlarged. As swelling subsides you will notice a flatter chest start to emerge, which is more like the typical male form. This particular procedure can be performed alongside other body contouring procedures such: arm lift, thigh lift, tummy tuck or body lift can help to reshape the overall body. This is frequently requested by men who have undergone a total body transformation, and have lost a significant amount of weight. Loose / excess skin can follow weight loss, and is a result of overstretched skin. The appearance of this concern can be just as emotionally impactful as being of a larger size, and will help to improve both your confidence and physical comfort.

Removing fat and tissue through the use of surgery often provides long lasting results. Maintaining this new and improved physique can be helped through the upkeep of a healthy lifestyle, reducing the likelihood of future weight gain - if this was the cause of your enlarged male breasts. When an overgrowth of breast

tissue is the cause, we can not guarantee that this will not occur in the future. Your medical history may identify the possibility of an underlying condition causing over developed male breasts, in which case we may be able to offer some additional advice.

Disclaimer

We are unable to make any guarantees to the outcomes of your procedure as the results of cosmetic surgery differ from patient to patient. It is prudent to note that whilst potential outcomes may have been discussed, these can sometimes be modest. Beauty is entirely subjective, and therefore what is good / achievable for one person may not be good / achievable for another. We can only guide you to what we expect your outcome to be, during the consultation. It is also possible that post procedure, other areas of the body may become more noticeable such as: arms, flanks or thighs. This is more common with procedures such as breast augmentation or tummy tuck.

Surgery comes with no guarantee of happiness and cosmetic surgery should not be undertaken lightly. Before proceeding, you must be certain that you can cope both physically and mentally should any complications arise as a result of your decision to undergo a surgical procedure. For this reason we recommend that you do not hide the fact from friends or family, rather you involve them in the decision making process so you can be sure you have an adequate support network should you need it.