

## Male Breast : Reduction By Liposuction

Source: Prabdeep Sohi

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*Gynecomastia is a medical term that comes from the Greek words for "woman-like breasts." Although it is not often talked about, gynecomastia is more common than you may think, affecting an estimated 40 to 60 percent of men.*

If you have overdeveloped breasts and feel self-conscious about the appearance of your chest, tumescent method liposuction can correct the problem. Liposuction is an effective tool for the permanent removal of these localized excess fatty tissues and can restore a slimmer, more masculine chest contour.

deciding if surgery is right for you

The ideal candidate for liposuction is a healthy man with localized areas of fat deposits in the breast area that are disproportionate to the rest of the chest. If you are obese or overweight, you will be advised to attempt to correct the problem with weight loss before considering surgery.

Liposuction for gynecomastia may be performed under either general or local anaesthesia. Your surgeon will see you before the operation to answer any questions you may have and to draw some reference lines on the areas slated for liposuction.

- If your procedure is being done under local anaesthesia, you will be given antibiotic and sedative tablets before it begins and a small needle will be placed in one of your veins so you can be given sedation.

- If your surgery is being done under a general anaesthetic you will proceed directly to the operating theatre once your surgeon has spoken with you.

In the theatre, your skin will be cleaned with iodine and you will receive an injection of local anaesthetic, after which several small (2-3mm) incisions will be made in the skin. A solution containing an anaesthetic and a substance to help prevent bruising will then be injected into the fat through these incisions.

Once the area is fully numbed, the fat is removed using a fine needle, called a cannula, which is attached by tubing to a strong suction machine.

- If your liposuction is being performed under local anaesthesia you will be asked to change position from time to time to give the surgeon better access to fat deposits. You will also be asked to sit several times so the progress of the procedure can be assessed.

- When the procedure is over, absorbent pads and a pressure garment will be applied and you'll be taken to your room.

Most patients stay in hospital overnight, however you may go home if you choose once the effects of your anaesthetic or sedation have worn off.

- You will be given written post-operative instructions and a follow-up appointment will be arranged for you in six weeks.

- You will also be given painkillers and antibiotics.

You can expect your recovery to be rapid but there will be some swelling and bruising of the treated area. You can help reduce this by wearing a firm support garment for at least three days or until the fluid drainage stops.

The worst of the swelling will subside in the first few weeks, however it may be as much as two months before the full effect of the surgery is apparent.

- It is common to experience some numbness or tingling of the skin soon after your procedure but this should settle rapidly.

- It is important not to engage in vigorous activities for the first five days after surgery.

- You may return to work and resume most of your normal activities after three weeks and begin to exercise after six.

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