

Breast Reduction

MedBelle Information Brochure

Why we prepared this brochure for you

Hi, my name is Sarah.

I'm a cosmetic treatment adviser with MedBelle.

Every day, I speak with men in the UK looking into cosmetic treatment. Having worked in the industry for some time now, I have come to realise how difficult it is to find comprehensive and reliable information on the web about procedures, surgeons, and aftercare.

At MedBelle, our goal is to make healthcare simple and more transparent for patients. With this brochure, my team and I aim to take the first step towards simplifying the research process for you.

Please let me know if there is anything I can help you with. That's what I'm here for.

For now, have fun with the brochure!



Sarah O'Connell



MedBelle Male Breast Reduction Guide

Gynaecomastia Surgery.....	4
- Reasons.....	5
- Causes.....	6
- Grades.....	7
- Techniques / Incisions.....	8
Your Consultation.....	9
What to let your surgeon know.....	10
Risks and Complications.....	11
Preparation Tips.....	14
The Procedure.....	15
After Surgery.....	16
Scar Care.....	17
Final Results.....	18
Frequently Asked Questions.....	19

Ready to take the next step towards treatment?

Visit: www.medbelle.com



Medical Name

Gynaecomastia Surgery

One of the most common cosmetic procedures for men

Goal

Reduce the size of the male breast

Anaesthetic type

Usually general anaesthetic, but local anaesthetic with sedation may be used

Length of surgery

1 - 3 hours

Overnight stay

Day case or 1 night

Recovery time

Office work: 7 - 10 days

Light duties: 2 - 4 weeks

Exercise: 6 weeks

Full results: 6 months



Reasons for Breast Reduction

Gynaecomastia (male breast enlargement) is a common condition thought to affect at least a third of men in their lifetime. Although it most commonly affects both breasts, gynaecomastia can also affect one breast at a time.

You may want to consider gynaecomastia surgery if:

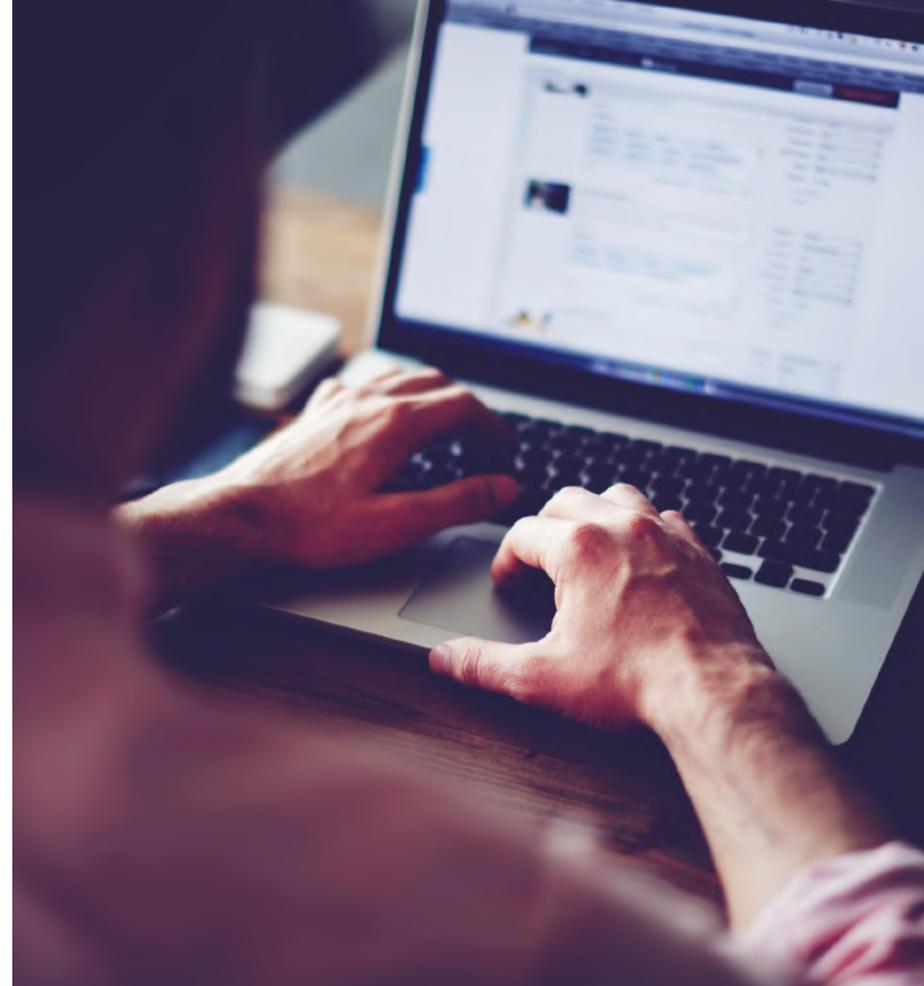
- You have had no response to medical treatment
- You have seen little to no improvement following weight loss
- Gynaecomastia is causing you to be distressed or self-conscious
- You want an effective intervention that will give long-lasting results

Causes of Gynaecomastia

Gynaecomastia affects many men of varying ages. Although in most cases there is no known cause for gynaecomastia, causes can include:

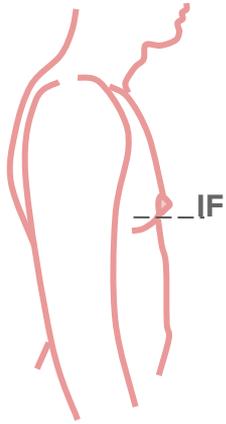
- The use of certain medications (e.g. medications for high blood pressure, heart disease and prostate cancer)
- The use of recreational drugs (e.g. anabolic steroids)
- Specific diseases (e.g. liver failure and some cancers)

If a male's breast size is increased only because of excess fat in the chest, this is called "pseudo-gynaecomastia". If however, it is caused by an excess of breast tissue, this is called "gynaecomastia".



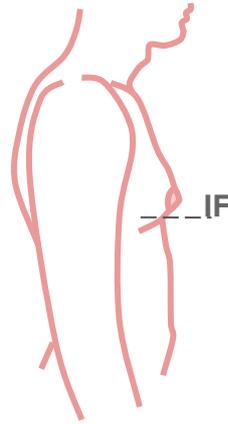
Grades of Gynaecomastia

The grade of gynaecomastia you have will affect the technique your surgeon chooses to use for surgery. There are 4 grades of gynaecomastia which are illustrated relative to the inframammary fold (IF), which is the line where the breast and the chest meet.



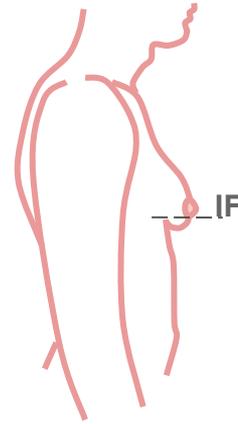
Grade 1

Mild breast enlargement localized around the nipple and areola



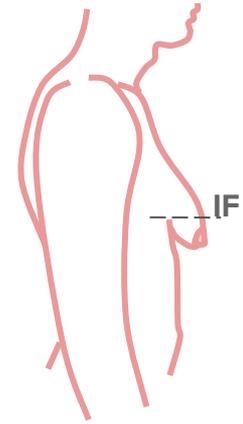
Grade 2

Moderate enlargement that spreads beyond the areola with no excess skin



Grade 3

Moderate enlargement that spreads beyond the areola with excess skin



Grade 4

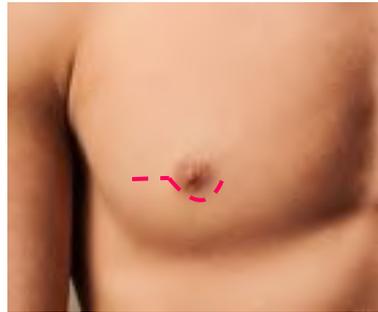
Significant enlargement with a feminine appearance and excess skin

Male Breast Reduction Techniques

Depending on the severity of breast enlargement, a male breast reduction may involve the use of liposuction, tissue excision or a combination of both. In minor cases of gynaecomastia, liposuction can be used alone to remove excess fat. The fat is removed via a hollow tube assisted by a powerful vacuum that is inserted through small incisions made under the armpit and in the crease below the breast. In more severe cases of gynaecomastia, liposuction may be used with a tissue excision technique to remove excess breast tissue and/or skin. The greater the amount of excess tissue and skin, the more extensive the incision will be. The chosen technique and incision site will depend on the amount of excess fat, tissue and skin present.



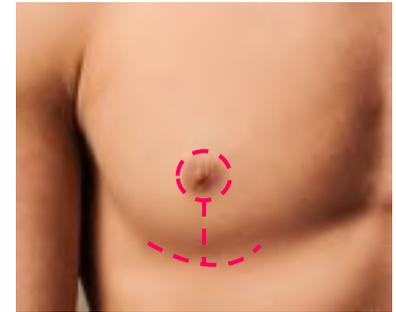
Incisions for liposuction located in the armpit and below the breast



Periareolar incision for tissue excision



Circumareolar incision with vertical limb for small to moderate excess skin removal



Inverted-T incision for larger excess skin removal



Your Consultation

You will meet your surgeon for a consultation (usually 15 minutes to an hour) to talk about your requirements and the operation. There are some important questions you should ask your surgeon:

- Do you think that what I want to achieve from surgery is realistic?
- How can I get the best results?
- Where will my scars be located?
- Can I see pictures of similar operations you have done?

Your surgeon will consider:

- The cause and degree of your gynaecomastia
- The quality and quantity of the surrounding skin
- Your desires and concerns
- Your past and present medical history

Do you want to go ahead and schedule a consultation with one of UK's leading surgeons? [Reach out to us: medbelle.com](https://www.medbelle.com)



What to let your surgeon know

As it may change the approach to your care, it is important that you notify your doctor and surgeon of any previous treatments, medication, and medical problems.

This includes, but is not limited to:

- Previous breast cancer or breast surgery
- Chemotherapy or radiation to the breast
- Previous problems with anesthetic agents
- Diabetes
- Autoimmune conditions
- A weakened immune system
- Reflux disease
- Conditions that interfere with wound healing and/or blood clotting
- Circulation problems
- High blood pressure
- Breathing problems
- A clinical mental health diagnosis

Risks & Complications

Our surgeons recommend that you have a two week "cooling-off" period between your consultation and treatment to allow you enough time to consider and decide if you wish to proceed with the surgery.

It is important to educate yourself on the possible risks of surgery. Your surgeon will be able to discuss the risk of developing these complications in further detail during your consultation.

Scarring

As gynaecomastia surgery requires surgical incisions to be made, scarring is unavoidable. In most cases, scarring is minimal and will fade over time, however in some cases scarring may be thick and more obvious.

Internal bleeding (haematoma)

If bleeding occurs, it is usually within the first 24 hours following surgery but can occur up to two weeks later. The breast will become very swollen and tight and you may need to go back to the operating room, where everything will be taken care of. You are likely to spend an extra night in the hospital and will be rather more bruised than expected, but things should settle down in time.

Numbness or loss of nipple sensation

There may be some damage caused to the nerve supply of the breasts which may result in numbness or altered sensation of the breasts and nipples. This will often improve over time but it is possible to lose complete sensation in your nipple/s. In very rare cases, the operation may result in the loss of the nipple.



Infections have to be taken seriously if they occur. If you are affected, it will become apparent over the first two or three weeks post-op when things are not settling down as expected.

Mild infections (often wound infections or delayed wound healing) should settle down with antibiotics. Rarely, infection may require a further procedure or operation. The package price you pay for your surgery should cover the cost of dealing with bleeding or infection.

Infection

Signs of an infection:

- A temperature over 38° C.
- Redness at the incision line that is beginning to spread away from the incision after the first 48 hours.
- Yellow pus-like or foul smelling drainage from the incision or drain sites.
- Increased pain/discomfort that is not relieved by pain medication.

Aesthetic

There is always a risk that you may be unhappy and dissatisfied with the outcome of your surgery for aesthetic reasons (size, shape, symmetry). We therefore advise patients to choose their surgeon carefully and make sure he or she fully understands your expectations. It is important that you choose a high-quality, fully qualified and experienced surgeon.



General surgical risks

All surgical procedures come with a general risk of complications which include: reactions to tape, sutures, glues or injected agents, anaesthesia risks, blood clot formation, delayed wound healing, and damage to underlying structures such as nerves or muscles.

Tissue or fat necrosis

During a breast reduction procedure the blood supply to the breast tissue may be disrupted thus resulting in damage to the skin and tissues around your chest. If the disruption to blood supply is large enough, it may result in tissue death or skin loss in that particular area. This is called 'tissue necrosis' and depending on the amount of tissue that is affected, the damage may resolve itself within a few weeks or you may need to have further minor surgery to remove the dead tissue. Although this is a very rare complication, the risk of this happening is increased if you are a smoker. It is therefore strongly recommended that you stop smoking for at least 6 weeks before your surgery.

Seroma

A seroma is a collection of fluid that can build up underneath the skin, most commonly at the incision site. To reduce the risk of a seroma developing, drainage tubes are left in place after surgery to drain excess fluid build-up.



Preparation Tips



It may be more comfortable to sleep propped up after surgery, so make sure you have plenty of extra pillows. Rest and sleep on your back in an inclined position (25-to 45-degree angle) for the initial postoperative days.



It is really handy to put cupboard items like mugs, crockery and dry food items on the kitchen counter. This way, you will not strain the stitches by reaching up for things. This will help you heal faster.



You will not be able to lift heavy shopping for a while, so do a big food shop before the surgery day. Moreover, you could also cook some meals for the freezer, so you will not have to worry about cooking either!



Ask friends and family to help look after young children and pets for the first week or so of your recovery.



Clean the house and do things like the laundry or taking the bins out before your operation. It is good to get jobs like that out of the way.



You may feel very sore from the operation and will not be allowed to drive, so it is essential that you arrange to get home safely. We can help you with travel arrangements as well!



Following your surgery, eat high-protein, low-sodium foods, including fresh fruits and vegetables, caffeine-free beverages and lots of water. Avoid food and drinks with high salt and sugar content during your recovery.



Following the operation, you will need to wear an elastic pressure garment that will help support the breast tissue and control swelling. Pick items that open in front the first few days. Wear slip-on shoes so you don't have to bend.

The Procedure

The procedure can last between 1 to 3 hours. You will come into the hospital on the morning of surgery, having had nothing to eat or drink the night before.

1. You will meet the anesthetist and have an anesthetic preoperative assessment.
2. You will meet your surgeon to sign the consent form. The surgeon will draw some lines on the treatment area and discuss the exact goals of the surgery.
3. You will be taken to the operating theater, laid on the operating table, and either the treatment area is numbed with local anaesthetic, or you will be put to sleep.
4. The skin will be cleaned and draped to create a sterile field.
5. An incision is made in the areas discussed.
6. The breast size is reduced using liposuction and/or tissue excision.
7. The incision is closed with sutures and a dressing is applied. A drainage tube may be placed under the skin to reduce swelling and bruising,
8. You are taken back to the ward to recover from the anaesthetic and will be able to return home on that day or the next day.



After Surgery

You will be able to return home the same day or the next day. Before you leave the hospital, an appointment with your surgeon will be arranged so you can return within two weeks and have your stitches removed if they are not dissolvable.



When can you resume activities like exercising and sport?

Week 1 - 3: Not at all. Aerobic activities might cause swelling
After week 3: Sports that don't include vigorous movement (e.g. cycling) can be done
After week 6: Everything should be possible again



How much time do I have to take off work?

That depends on your work. If it includes physical activity, e.g. you're a waiter, you have to take at least two weeks off and then start slowly. Otherwise, we recommend taking 7 to 10 days off just to be sure. In every case: Avoid even light duties for at least 2 - 4 weeks.



What other points do I have to consider?

You can't drive until the fifth day after surgery. You may not be able to shower and bathe for the first few days after surgery. Avoid hot tubs and saunas for two to three weeks.



Scar Care

After the surgery, it is very important that you follow the aftercare instructions given by your surgeon, including specific advice on how to take care of your drains (if applicable).

To prevent blood clots, it's recommended to start light walking again as soon as possible.

When it comes to scar care, there are a number of techniques that your surgeon may recommend that can aid the healing of your scars following surgery:

1. Scar massage - starting only after the incision has fully healed and the scab has completely disappeared on its own.
2. Silicone sheets or scar gels for six months to a year as soon as the glue/tape from the surgery is off, and the incision has fully healed.
3. Keep the scars out of the sun and/or use sunscreen to avoid colour differences.

Final Results

Although you may see a noticeable difference to your chest immediately after surgery, you should be aware that it may take up to 6 months to appreciate the full cosmetic result.

Mild pain relief is recommended for the first week and an elastic pressure garment must be worn day and night for the first few weeks following surgery. Your breasts will be very sensitive for several weeks, and it may take a few months for them to settle completely.

Usually, scars tend to be red and raised in the first few weeks after surgery, changing to purple in the following 3 months. From that point onwards, they fade to light lines and may eventually fade completely.

It is important that you take at least 1 week off work and avoid heavy lifting or strenuous activity for a month in order to aid your recovery.





Frequently Asked Questions

Do I need a GP referral for cosmetic surgery?

Most cosmetic surgeons will be happy to see you for an initial consultation without a referral from your GP. But if you plan to go ahead with cosmetic surgery, your surgeon may ask your permission to contact your GP for details of your medical history.

Will the results of my gynaecomastia surgery be permanent?

The results from a male breast reduction are expected to last a long time. It is important that you continue to lead a healthy lifestyle following surgery to avoid weight gain and the accumulation of fat to the chest area. Steroid use and certain medical conditions may also increase the risk of gynaecomastia recurring.

Effects of drugs

The risk of complications occurring from surgery can be greatly increased if you smoke or drink alcohol. It is therefore strongly recommended that you stop smoking and using all nicotine products at least six weeks before surgery.

We are here for you

high-quality cosmetic surgery through careful
surgeon selection and superior service

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Ideal Surgeon



Highest-quality
Treatment



Quality you can trust.



All our surgeons are members of BAAPS or BAPRAS, the most prestigious societies for plastic surgery. All of them are registered in the specialist register of the General Medical Council for plastic surgery.

All of our partner clinics fulfil the highest quality standards as confirmed by the Care Quality Commission.

