

Gynecomastia Guide



THE VENKAT CENTER
FOR SKIN ENT PLASTIC SURGERY

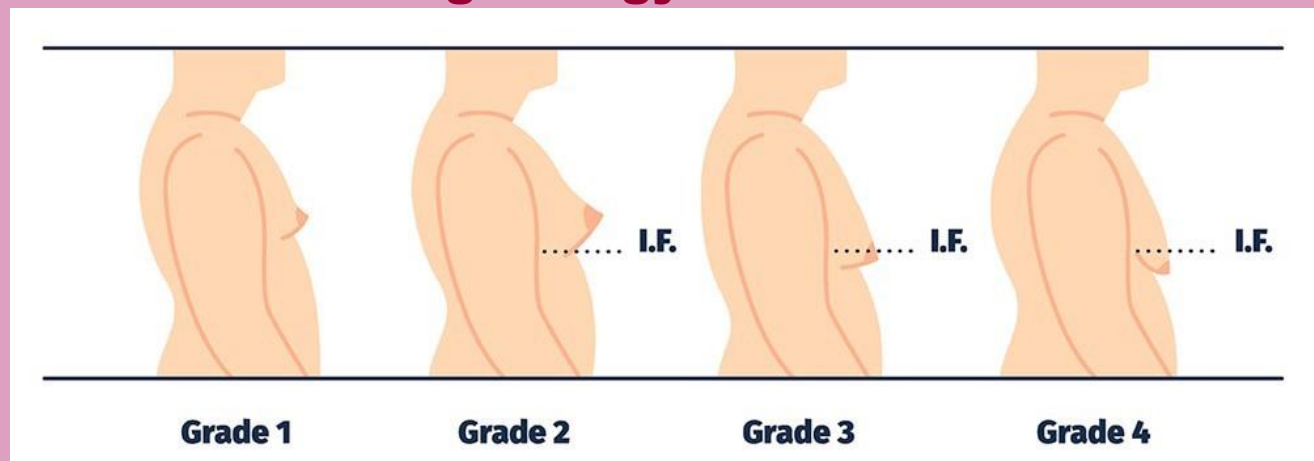
What causes gynaecomastia?

The most common cause of gynecomastia is puberty. Men also have breast gland tissue like women, but in most men, it doesn't develop. Simply put all individuals have both male and female sex hormones. In men, male hormones are higher than female. During puberty, this hormone balance may temporarily get altered. This alteration stimulates the breast glands which grow and look like breasts. Unfortunately, even when the hormone levels normalize, this breast tissue doesn't go away.

Gynecomastia can occur due to other hormonal abnormalities that affect the balance of male and female sex hormones. There are several drugs that also cause hormonal changes and gynecomastia. It is important to be seen by a qualified surgeon to rule out any underlying condition causing it for long term results.

One other important cause of gynecomastia that is, unfortunately, becoming more common is the use of steroids in gyms. Often times, men are pressured to take anabolic steroids. These steroids are converted in the body to female hormones and can stimulate gynecomastia.

What are the stages of gynaecomastia?



Is Gynaecomastia/manboobs dangerous?

Gynaecomastia is not dangerous per se, and does not adversely affect your health. However, gynecomastia causes much social embarrassment, and psychological stress as these young men are not able to wear tight-fitting dresses, visit public gyms, swimming pools, religious ceremonies which need disrobing of the upper clothes etc. Young men in hostels are often at the receiving end of jokes and ridicule. These people try to hide gynecomastia by wearing loose clothes, but severe grades are difficult to hide.

Does going to the gym cause gynaecomastia?

Working out does not directly cause manboobs, however often in gyms, men can be pressured into taking supplements or steroid injections. These can have hormonal components which can cause gynaecomastia, which is much more severe than the type cause by puberty.

What are the treatment options for gynecomastia

Drugs such as Tamoxifen have been advocated for management, but gynecomastia surgery remains the mainstay of treatment for many patients. Selected cases may need to be checked for any hormonal abnormality and by ultrasound scanning to rule out any breast pathology.

Till now, an extensive procedure subtotal mastectomy was the treatment of choice. However, with the introduction of tumescent liposuction, male breast reduction treatment has become simpler and effective. It is cosmetically more acceptable as the scar is minimal.

Can I reduce gynaecomastia by working out?

Unfortunately, working out and cardio does not get rid of manboobs, as the glandular tissue cannot be broken down by exercise alone. The fatty tissue is also resistant to breaking down.

What is mastectomy?

Mastectomy is male breast reduction surgery to remove the enlarged breast tissue. It is done under general anesthesia. A 5 cm incision is made around the nipple, the gland is dissected and removed. Drains are placed to resolve any bleeding.

How is awake liposuction superior to mastectomy?

Liposuction is preferable to mastectomy for several reasons:

- **Anesthesia:** We perform Awake Liposuction under local tumescent anesthesia, while mastectomy requires general anesthesia.
- **Incision:** Liposuction is done through small 3 mm incisions that are not visible and need no sutures. Mastectomy needs a bigger 5 cm incision which can heal with a bad scar in people
- **Result:** Awake Liposuction gives a smoother result as it gradually removes tissue from all areas and can be sculpted as needed. Mastectomy can sometimes lead to a saucer-like deformity if all the tissue is removed from the center and none from the edges. Also, during awake liposuction, the patient can be made to stand in the middle of the surgery. This improves the result as the body looks different while standing and while lying down.
- **Bleeding:** Awake Liposuction causes minimal blood loss. Mastectomy often needs the use of drains after surgery to remove collected blood.
- **Scars**– liposuction involves the use of small holes around 3-4mm. Mastectomy needs a large incision of a few cm.

Points to note before procedure

- Your general physical examination and some routine lab tests are done to evaluate your fitness for surgery.
- It is important you stop smoking for 2 weeks prior to surgery.
- The operation is performed under local anesthesia.

How does liposuction treat gynecomastia?

Liposuction for gynecomastia is done under the technique of Awake liposuction at Venkat Center. Under Awake Liposuction is done under the usage of local anesthesia

Gynecomastia surgery removes the enlarged tissue in a simple manner under local anesthesia. In liposuction for gynecomastia, 1-2 small holes (adits) of size 3 mm are made on either side. Then three steps are done:

1. **Awake Liposuction to remove fatty tissue:** A powered machine is used to remove tougher fat tissue.
2. **Glandular extraction:** Through the same small holes, the glandular tissue is teased out and removed. This is tissue is difficult to remove with liposuction alone.
3. **Skin tightening:** Energy device is used to break down the tissue further, which improves the result post-operatively. At the same time, it also causes the skin to contract and adhere to the chest wall.

Awake Liposuction & why we recommended it

- At Venkat Center, we recommend Awake Liposuction. Awake Liposuction is the concept of doing the liposuction procedure while the patient is awake & not unconscious.
- For Awake Liposuction, local anesthesia is used instead of general anesthesia. Under general anesthesia, the patient will be completely unconscious.
- Local anesthesia is the technique of giving anesthesia to that part of the body where the surgery is being done.
- Only the area where the anesthesia is given becomes numb. Due to this, the patient is conscious and awake during the procedure.
- Traditionally, local anesthesia could only be given for small areas such as removing a small swelling.
- However, the advent of a newer technique called tumescent local anesthesia, allows this to be given for a large area.
- This makes Awake Liposuction possible and also a safe method while compared to Liposuction under general anesthesia.

What do I do if I have extra skin?

In many individuals, there can be extra skin which may not contract fully after liposuction. For these individuals, there are surgical treatment options of skin removal. However these leave scars, which many patients are against. For a long time there was no other option. However recently, a device known as INMODE BODYTITE has changed the scenario

What is the recovery after surgery like?

- The patient is sent home the same day.
- Dressings are done for 2 days
- Patient goes back to work on third day
- Physical activity should be limited for one to two weeks, while exercise and other strenuous activity should be avoided for at least four weeks.
- Compression garment is worn for 6 weeks
- Full result takes 3 months

What is the cost of gynaecomastia surgery?

The cost of gynecomastia surgery depends on the stage and extent. It can vary from Rs 40,000 to Rs 90,000 depending on the severity.

SUMMARY

1	Anesthesia	Local
2	Surgery time	2-3 hours
3	Admission time	Day care
4	Back to work in	3 days
5	Full result in	3 months
6	Cost	Rs 40000 to 90000. (750 to 1250 USD)



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Why undergo gynecomastia surgery at Venkat Center Bangalore?

- Our surgeons have treated over 700 cases of gynaecomastia.
- Our specialty is we perform this completely under local anesthesia which is safer, painless and has a faster recovery time.
- We perform glandular extraction as well and are careful to avoid saucer deformities.
- We try to avoid skin excision and scars. We use non-surgical skin tightening treatments for the same.
- Our priority at all times is the safety of the patient.

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