

# Elevate Plastic Surgery

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## Gynecomastia Surgery (Male Breast Reduction)

This document has been prepared to help inform you about gynecomastia surgery, its risks, as well as alternative treatment(s) during the consent process. Please read this information carefully and completely.

### What is Gynecomastia?

Gynecomastia is a common condition that causes enlarged breast tissue in men. Frequently, it begins during puberty but may occur at any time during adulthood. It may be caused by hormonal changes, genetics (heredity), weight gain, or certain medications or substances. Gynecomastia may involve excess fat, excess glandular breast tissue, and/or extra skin in more severe cases. While it is not usually dangerous, many men describe feeling self-conscious about their breast size and are uneasy about exposing their chest in public or wearing certain clothes. Unless the gynecomastia is resulting from a condition that can be treated, correction usually requires surgery.

### What is Gynecomastia Surgery?

Gynecomastia surgery (aka male breast reduction) reduces excess breast tissue to create a flatter, firmer, and more masculine chest contour. The goal is to restore chest balance and help you feel confident in and out of clothing. The procedure removes fat and/or glandular tissue from the breasts. Most commonly, this is done via liposuction and/or a small incision near the nipple, resulting in a contoured chest that is flatter, firmer and natural in appearance. In more severe cases, surgery can also remove excess skin, reduce the size of the areola (the darker skin around the nipple), and reposition the nipple for a more natural appearance.

### Surgical Approaches

The exact approach depends on your specific needs. It is performed as an outpatient procedure in an accredited surgical facility using general anesthesia.

Approach	Description
Liposuction	If the enlargement is mainly due to excess fat, liposuction may be used. Small incisions are made, and a thin tube removes excess fat to reshape the chest.
Excision	If firm glandular tissue or excess skin needs to be removed, a small incision is made to directly remove that tissue. This approach may also be used to reduce or reposition the nipple and areola.
Combination Approach	Many patients benefit from a combination of liposuction and tissue removal for optimal contouring.

## Am I a Good Candidate?

You may be a good candidate if you:

- Are bothered by the size or shape of your chest.
- Are physically healthy and at a stable weight.
- Do not smoke or are willing to stop before surgery.
- Have realistic expectations about results
- Have breast development that has stabilized.

Surgery is often recommended when the condition has not improved with medical treatment and lifestyle changes have not corrected the issue. Adolescents may benefit from surgery in certain cases, though future procedures could be needed if breast development continues.

## How Do I Prepare For Surgery?

- You may be asked to do bloodwork or additional investigations.
- Take certain medications or adjust your current medication.
- Stop smoking.
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can

increase bleeding. Do not take any aspirin or anti-inflammatory medications for 2 weeks before surgery, as this may increase the risk of bleeding.

- No eating or drinking at midnight on the night before surgery.

## What Should I Expect During Recovery?

Follow all physician instructions carefully; this is essential for the success of your outcome. It is important that you participate in appropriate follow-up care after surgery.

- Dressings or bandages will be applied.
- You will be placed in a compression garment after your surgery. It is to remain in place for at least 5-7 days postoperatively until your follow-up appointment. You will wear a similar garment to reduce swelling and support healing for 6 weeks
- Small drains may be placed temporarily in some cases.
- You will receive detailed instructions about caring for your incisions, medications to take, when to resume work, exercise, and normal activities, and when to return for follow-up visits.
- You should be able to return to sedentary work by 1 post-surgery, and exercise 4-6 weeks post-surgery.

It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion, or motion during the time of healing (usually 4-6 weeks). Most swelling improves over several weeks. Seek immediate medical attention if you experience: shortness of breath, chest pain, increased fluid build-up, or an irregular heartbeat.

Results are visible immediately, though swelling will initially obscure the final shape. Over time, swelling subsides, incision lines fade, and your chest contour becomes more defined. Final results continue to refine over 3–6 months. In most cases, results are long-lasting; however, subsequent alterations in breast shape may occur as the result of aging, sun exposure, weight loss, weight gain, hormone disorders, or other circumstances not related to your surgery.

## Possible Risks & Complications

Every surgical procedure involves a certain amount of risk. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. While complications are uncommon, they can include:

- **Bleeding and Fluid Buildup:** It is possible to experience a bleeding episode during or after

surgery, which may require emergency treatment. It is also possible to develop a fluid collection called a seroma in the breast area.

- **Infection:** An infection is quite unusual after this type of surgery. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.
- **Scarring and Healing:** All surgical incisions produce scarring, and delayed wound healing is possible.
- **Changes in Sensation:** You may experience a change in the sensitivity of the nipples and the skin of the breast/chest wall. Permanent loss of nipple sensation can occur in one or both nipples.
- **Skin Discoloration and Swelling:** Bruising and swelling normally occur; rarely, skin discoloration may persist or become permanent.
- **Contour Irregularities and Asymmetry:** Differences in breast and nipple shape, size, or symmetry may occur after surgery. There is the possibility of an unsatisfactory result.
- **Tissue or Nipple Loss:** Although rare, it is possible that some or all of the nipple-areolar complex may lose its blood supply and lead to necrosis or loss. Fat necrosis can also occur.
- **Blood Clots:** Surgery may be associated with the formation of blood clots in the venous system, such as deep venous thrombosis (DVT) or pulmonary emboli (PE), which can be life threatening or fatal. Prophylactic measures will be taken to decrease this risk.
- **Smoking Risks:** Smokers have a greater risk of skin loss, nipple-areolar loss, infection, poor wound healing, and surgical complications. Second-hand smoke and nicotine products also carry similar risks.
- **Other Risks:** Cardiac or pulmonary complications, damage to deep structures (nerves, blood vessels, muscle, and lung), persistent pain, allergic reactions, and surgical anesthesia risks.

## Financial Responsibilities

Costs vary depending on the complexity of your procedure, the surgical technique used, facility and anesthesia fees, and geographic location. There may be a cost for this surgery or parts therein (eg. liposuction). The quoted surgeon's fee typically does not include anesthesia, facility fees, or related expenses. The fees charged for this procedure do not include any potential future costs for additional procedures that you elect to have or require in order to revise, optimize, or complete your outcome. Most insurance plans do not cover male breast reduction, but financing options are often available.

## Disclaimer & Consent

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s), including no surgery. However, informed-consent documents should not be considered all-inclusive in defining all risks encountered. Your surgeon will review all potential risks in detail during your consultation so you can make an informed decision.