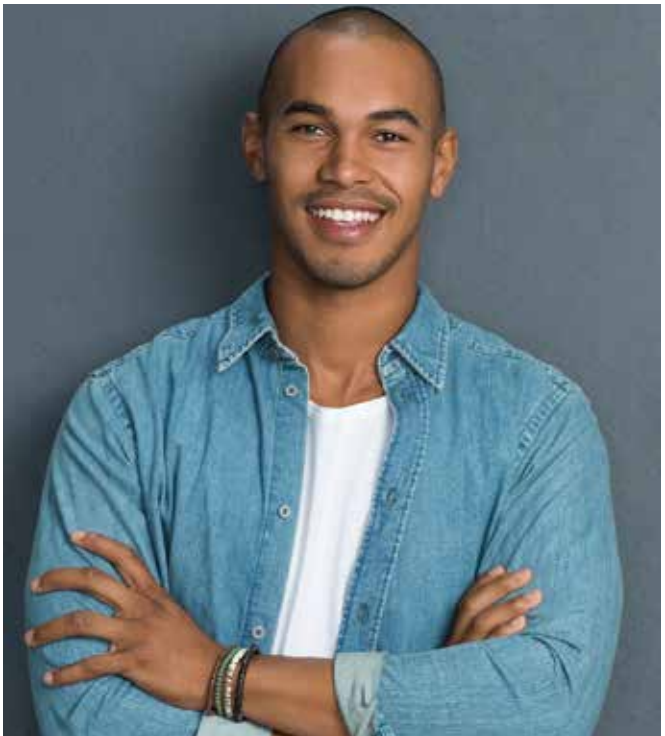




DR MATTEO  
VIGO

PLASTIC SURGERY

PATIENT GUIDE  
TO MALE BREAST  
REDUCTION



This guide is for men considering undergoing treatment for gynaecomastia (enlargement of the male breast). It explains what the various surgical and non-surgical treatment options are and outlines the risks and benefits of each. It describes what happens during the operation. If there is anything you do not understand or have further questions about, please contact me.

#### **WHAT IS GYNAECOMASTIA?**

Gynaecomastia is the benign (non-cancerous) growth of male breast tissue and can be due to a number of causes. It may be due to hormone imbalance or as a consequence of medication you are taking. It can also be due to alcohol excess or recreational drug abuse. Your doctor will discuss the cause of your gynaecomastia with you. Along with causing swelling of the breast and nipple, gynaecomastia can be uncomfortable and the nipple can become sensitive.

#### **WHAT IS PSEUDOGYNECOMASTIA?**

In many cases the glandular tissue in the male breast is minimally represented, and the volume in the chest area is only related to fat. An ultrasound before the surgery is well suggested to determine the proportion of gland and fat and proceed with the most indicated treatment.

#### **HOW CAN GYNAECOMASTIA BE TREATED?**

Some cases of gynaecomastia will get better without any form of treatment. If one of your medications is thought to be causing the gynaecomastia, it may improve with changing or stopping a particular tablet. Your doctor will discuss this with you.

Whilst gynaecomastia itself can be uncomfortable and unsightly, it is not dangerous and no harm will come from having it. When cancer has been ruled out, many men are happy to have no treatment.

Another form of treatment is to have medication. These medications are often good at reducing discomfort and sensitivity but may not reduce the size of the breast.

The third form of treatment involves surgery to your breast.

## **SURGICAL TREATMENT OF GYNAECOMASTIA**

There are three main surgical procedures which can be undertaken:

### **Liposuction**

Liposuction is used to remove the fatty tissue under local anesthesia and sedation. Small incisions (cuts) are made on the chest wall or on the side of the areola. A small metal tube (cannula) is used to suck out the fatty tissue. The incisions are then sutured to give a flatter, firmer and better-contoured chest. Any stitches will be of the dissolving type and so do not need to be removed. This procedure is the gold standard in case of pseudogynaecomastia.

### **Excision of Gynaecomastia**

In excisional surgery, I will make a cut around the nipple to remove the breast tissue. This may be combined with liposuction of the breast tissue at the same time.

### **Male Breast Reduction**

If the breast is very large more tissue and skin may have to be removed. This will give more scars. The degree of scarring will depend on how much skin needs to be removed. I will advise you about this.

### **After Surgery**

After surgery for gynaecomastia your breasts will look discoloured and feel firm and swollen. You may need to have a drain (a fine plastic tube) inserted into the breast during the operation. This will be removed seven days after your operation. You should be able to go home the same day. You may be advised to wear a corset for up to six weeks after the operation to help with the swelling. I will advise you where these can be bought. You will not be able to drive home after your operation and it may be two to three weeks before you can drive.

The dressings can be removed after 7-10 days and you should be able to return to work after two weeks. For the first three weeks after the operation, don't lift anything heavy or do heavy manual work. Most men resume normal activities within two to three weeks.

### **Risks and Complications**

All surgery carries with it some risk. Common side effects of a general anaesthetic include nausea and vomiting. As mentioned earlier, the chest can be swollen and bruised following the operation.

### **Specific Complications**

#### **Haematoma**

This is bleeding into the tissues following surgery. It can occasionally lead to patients returning to theatre to stop the bleeding or remove the blood.

#### **Wound infection**



This can occur after any kind of surgery and may need treatment with antibiotics or a return to theatre. If your wound becomes red and inflamed you should contact your doctor.

#### Deep vein thrombosis

This can happen after any operation or general anaesthetic. The risks are reduced by wearing preventative stockings (TEDS) for two weeks.

#### Poor wound healing

With a male breast reduction problems may occur with the wound. The blood supply to the area around the vertical scar is at its poorest. This may delay healing and very occasionally the wound may break down and leave a small raw area. This gradually heals with time but may take several weeks.

#### Nipple complications

The operation by its nature partially disrupts some of the blood supply to the back of the nipple. There is a small risk therefore of the nipple dying resulting in its loss. There is a risk of loss or alteration in sensation to the nipple.

#### Asymmetry

There may be some lasting differences in the size and shape of your breasts following surgery. Most men are asymmetrical prior to the operation.

#### Scarring

Initially the scars will be bright red lines - in most cases the scars will heal satisfactorily and soften becoming much paler in time, usually within twelve months. Some patients have a tendency to form red and lumpy scars or keloid scars which are broad raised scars. Such scarring will be permanent.

#### **FOLLOW UP**

You will be given an appointment to return to the clinic in 7-10 days where the dressings and drain(s) will be removed and the wounds inspected. You will also be reviewed approximately six weeks after your surgery once the bruising and swelling has completely settled.

#### **LONG TERM OUTLOOK**

If lipofilling is performed and only fat is removed, weight gain can make the gynaecomastia return. If the breast tissue itself is removed, as in the excision surgery or male breast reduction there is a chance the breast tissue can regrow. You will have medical photography before and after surgery of your chest. There will be nothing which will identify you to anyone else on these and they are used as a record of your treatment.

# A BRIEF NOTE FROM DR. MATTEO VIGO



I decided to become a doctor at an early age but I was not aware of the world of Plastic Surgery. Once I discovered it I fell in love with the whole concept behind it and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients find themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of these feelings from my patient is my best satisfaction.

Dr Matteo Vigo



DR MATTEO  
**VIGO**  
PLASTIC SURGERY

# MALE BREAST REDUCTION SURGERY DUBAI

Click here to learn more about  
**Male Breast Reduction Surgery Dubai.**

---

To book a Male Breast Reduction Surgery consultation with Dr Vigo, please contact us today.

EMAIL  
[booking@matteovigo.com](mailto:booking@matteovigo.com)

Telephone & Whatsapp  
+971 56 282 5825

Locations

**AMWAJ POLYCLINIC**  
Building P11  
Jumeirah Beach Residence  
Dubai

**HEALTHBAY POLYCLINIC**  
Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai

**AIG CLINICS JUMEIRAH**  
Plastic Surgery Dubai  
506A Jumeirah Road Jumeirah  
3 Post Box 505173  
Dubai

**BIOSCIENCE CLINIC**  
Al Razi Building 64,  
Block B, Ground Floor