

# PATIENT JOURNEY

## GYNECOMASTIA CORRECTION



### GENDER

Male

### AGE

28 years old

### PROCEDURE

Liposuction to suck out excess fatty tissue

### OPERATION DURATION

60 minutes - day case

### CLINIC

Amwaj Polyclinic

### JOURNEY

Many patients who I see explain that this condition causes them to have low self-confidence and it makes them embarrassed to show this part of their body. This mildly overweight gentleman was dissatisfied with his chest due to excess localized fat in his breast area. Liposuction loosened the excess fat and removed it using a high-power vacuum to sculpt a new more natural chest contour.

### TREATMENT

Gynaecomastia is treated with a specialist surgical procedure. A very small incision measuring 3-4 mm was made under each arm, into which a cannula is inserted to draw away any fatty deposits in the area. A smooth, thin layer of fat is left under the skin to ensure there is no rippling or irregularities in the area. After surgery, the patient wore a compression vest to control any swelling and to help his skin shrink to fit his new shape.

### RECOVERY & FOLLOW-UP

The patient was able to resume normal activity quickly and was back at work within 3 days after surgery, resuming light exercise after 2 weeks. He avoided any strenuous upper body exercise for 3 weeks after surgery. There was - as to be expected - some bruising, swelling and minor initial lumpiness to the area after surgery.

### RESULTS

These images show the result at 6 months. The result started showing immediately from the surgery and continued to improve in the following 3 months to become finally stable at 6 months.

*“I had Lipo and after reduced bruising and swelling the results look impressive! I would recommend it to anyone!”*