

A close-up portrait of a smiling man with dark hair and a beard, wearing a white shirt. The background is a light blue gradient. A gold vertical bar is positioned at the top center, containing the text 'DR MATTEO VIGO' in black.

DR MATTEO
VIGO

PLASTIC SURGERY

GYNAECOMASTIA
- MALE BREAST
REDUCTION SURGERY

Although there is no definitive cause of gynaecomastia, the condition is thought to be the result of hormones circulating in specific cells in the breast area. As such, symptoms of the condition are generally apparent after puberty, although the condition may be visible at birth.

An imbalance of the ratio of male and female hormones in the body is also thought to contribute to the development of the condition. While in the majority of cases the cause of gynaecomastia is developmental, in some instances the condition is linked to the use of substances such as anabolic steroids or marijuana.

Often, the condition may be genetic or hereditary, or as a result of organ disease.

Some men find that one or both breasts may be abnormally large. Known as gynaecomastia, this condition can result from a hormone imbalance or from being very overweight, which can increase levels of oestrogen and cause breast tissue to grow. Breast reduction surgery is an option for men with this condition. It may also be used to tighten the breast area after dramatic weight loss that has caused the skin to sag. However, it is not suitable for men whose large breasts are simply excess fat from being overweight.

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. 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 a general anaesthetic. Small incisions (cuts) are made on the chest wall. 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.

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. Bruises can occur. You may need to have a drain (a fine plastic tube) inserted into the breast during the operation. This will be removed by the breast care nurses 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 four weeks after the operation to help with the swelling. You will not be able to drive home after your operation and it may be two to three days before you can drive.

The dressings can be removed after 7-10 days and you should be able to return to work after one 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.



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 after your surgery once the bruising and swelling has completely settled.

If liposuction 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.



MALE BREAST REDUCTION SURGERY GLOSSARY OF TERMS

WHAT WORDS SHOULD I KNOW ABOUT MALE BREAST REDUCTION SURGERY?

AREOLA

The pigmented skin surrounding the nipple.

BILATERAL GYNECOMASTIA

A condition of over-developed or enlarged breasts in men affecting both breasts.

ENDOCRINE SYSTEM

A group of glands that make hormones which help to control activities in your body such as reproduction, metabolism, growth and development. Testing of your endocrine system may be done to look for signs of diabetes, thyroid disorders, growth hormone deficiency, osteoporosis, hypertension and obesity.

EXCISION

To remove the skin.

GENERAL ANESTHESIA

Drugs and/or gases used during an operation to relieve pain and alter consciousness.

HEMATOMA

Blood pooling beneath the skin.

INTRAVENOUS SEDATION

Sedatives administered by injection into a vein to help you relax.

LIPOSUCTION

Also called lipoplasty or suction lipectomy, this procedure vacuums out fat from beneath the skin's surface to reduce fullness.

LOCAL ANESTHESIA

A drug injected directly to the site of an incision during an operation to relieve pain.

SUTURES

Stitches used by surgeons to hold skin and tissue together.

UNILATERAL GYNECOMASTIA

A condition of over.

A BRIEF NOTE FROM
DR. MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind 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 finding 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 this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



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VIGO
PLASTIC SURGERY

PLASTIC SURGERY DUBAI

To book a consultation with
Dr Vigo, please contact us today.

EMAIL
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

ESTELAZA CLINIC

Silicon Oasis, Nibras Oasis 2
Dubai