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Gynecomastia

Breast and Body Plastic and Reconstructive Surgery Clinic

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What is Gynecomastia?

Gynecomastia is an increase in the amount of breast glandular tissue in males, caused by an imbalance of the hormones estrogen and testosterone. Causes of gynecomastia include excess weight gain, puberty and some medications. Gynecomastia can affect one or both breasts, sometimes unevenly, and it can occur at different ages.

Check the illustrative video [here](#)¹.

Before the Surgery... Preparation and Expectations

It is important to know the following before deciding to undergo a gynecomastia surgery:

- In general, gynecomastia is not a severe health problem, however it can be an embarrassment to boys and men and can make it hard to enrol in certain social activities as well as exercise or swim.
- In some cases, gynecomastia goes away on its own. Yet, in case it persists and/or causes pain, medication or surgery may help.

Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Discuss the required intervention for the gynecomastia and agree on it.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Photographs of the two breasts from different angles.
- Determine where your procedure will be performed and the date of operation.

Important Instructions

- Avoid taking aspirin, anti-inflammatory drugs, vitamins and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.
- Stop smoking 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

□

Cited in :

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

¹ <https://bit.ly/2AAEESO>

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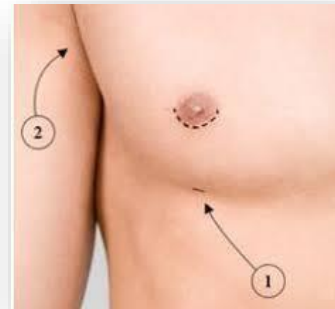
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During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Local or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** Several techniques can be done to correct gynecomastia. The most appropriate technique will be determined upon discussion with our medical team. An excision technique may be used if glandular breast tissue or excess skin is to be removed to correct gynecomastia. This technique is also followed if the areola circumference needs to be reduced or the nipple position needs to be corrected to achieve a more natural masculine shape. Sometimes, liposuction is combined with an excision technique. In general, wound patterns and specifications vary by case and according to the surgical preference.
- The surgery lasts for 2-4 hours depending on the surgical details and patient's situation.

After the Surgery

- In most cases, you can leave the hospital later, on the same day of the operation, or else as needed.
- Dressings or bandages will be applied to your incisions. An elastic bandage / support garment can also be used to lessen swelling and support the new chest contour during the recovery period.
- A temporary tube may be placed under the skin to drain any blood or excess fluid. No worries if the bloody fluid is drained on your compression garment in large amounts, this is normal and will gradually diminish within 3 days.
- You may feel some pain, swelling and bruising. Medication will be prescribed to help control the pain, as well as antibiotics to reduce the risk of infection.
- Sensation in the nipple and areola area may be slightly affected.
- You will need to wait at least a week before returning to work, and, a few weeks before resuming normal activities — including exercise.
- During this time, expect some contour irregularities as the remaining fat settles into position.



Gynecomastia Reduction With Lift
(Female Pattern Reduction-MWLp)

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Post-Procedure Precautions

1. Follow the instructions of our medical team, including how to care for the surgical site, prescribed medication, follow-up appointments, etc.
2. It is important to watch out for not standing up suddenly from a sleeping position. Yet, sit on bed firstly, then stand up gradually to get out of bed.
3. It is highly recommended to perform massage (manual lymphatic drainage massage) on the treated area, as early as 3 days postoperative, for better results and faster recovery. You can do it yourself at home or ask our clinic for support. Check massage videos [here/here](#)².
4. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
5. Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.
6. Eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
7. Limit your dietary salt intake to help faster swelling recovery.

Recovery and Results

- Swelling usually goes away within a few weeks after the operation. By this time, the appearance of the breasts becomes less massive. Within a few months, the appearance is closer to the normal male form.
- While most surgical lines are hidden within the natural contours of the body, some may be visible and are a necessary result of gynecomastia surgery. Scars of gynecomastia are permanent but will gradually fade over time.
- In addition to the aesthetic appearance, self-confidence and elimination of social embarrassment, gynecomastia surgery contributes to eliminating critical signs and symptoms of male enlarged breasts, mainly, swollen breast tissue and breast pain.
- Final results of gynecomastia surgery are permanent in many cases. However, if gynecomastia resulted from the use of certain prescription medications, drugs (including steroids) or weight gain you must be fully free from these substances and remain at a stable weight in order to maintain your results.
- In some cases, a follow up surgery may be needed to achieve optimal results to treat gynecomastia.

² <https://youtu.be/2fSqii8K0Cw> - <https://youtu.be/yVel09IVqpQ>

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Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of gynecomastia surgery or liposuction are acceptable. Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and at different periods to follow up the progress achieved.

Gynecomastia risks might include:

- Anesthesia risks
- Fluid accumulation, swelling and/or bruising
- Irregular contours or asymmetries
- Irregular pigmentation
- Poor wound healing
- Change in skin sensation that may persist
- Deep vein thrombosis, cardiac and pulmonary complications
- Rippling or loose skin, worsening of cellulite which might require a revision surgery
- Damage to deeper structures such as nerves, blood vessels, muscles, lungs and abdominal organs
- Thermal burn or heat injury from ultrasound with the ultrasound-assisted liposuction technique.

Medication

R/Tavanic 500mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Neurontin 300mg	One tablet before sleeping for 5 days
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40mg	One tablet 30 minutes before breakfast for 10 days

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