



Cosmetic Image Clinics

Male Breast Reduction (Gynaecomastia)

Male breast reduction involves surgery to reduce abnormally enlarged, female-like breasts in men through the procedure of liposuction and/or cutting out of excess glandular tissue.

Gynaecomastia is the medical term that describes the development of breasts in males. It is more common than people usually realise.

Some male teenagers during puberty experience breast enlargement as a result of hormonal imbalance. Most simply “grow out of it” and return to normal but some do not. It can cause a great deal of embarrassment for teens, however, surgery is not advisable before age 18 as the condition may disappear of its own accord.

Gynaecomastia that arises in adulthood can be caused by being overweight or by underlying medical conditions. It is also part of the ageing process that some men will develop more pronounced or flabby breasts. Body builders or athletes who take anabolic steroids to increase muscle mass, find that a common side effect is breast enlargement.

Liposculpture or surgical excision removes unwanted fat permanently from the breast area and restores a normal appearance.

All of our surgeons have had many years of experience performing this surgery.

The Surgery

Male breast reduction surgery is usually performed in our day surgery facility, using twilight sedation. The procedure takes about 1 to 1½ hours.

If liposuction is the method to be used you will have two to four small incisions on your chest to enable fat to be removed via a fine cannula. Scarring should be minimal and will eventually fade. The breast tissue does not grow back but the swelling can take up to six months to settle completely.

If there is a need to surgically excise the breast tissue, you will have a half circle incision made around the areola, the dark area surrounding the nipple, or in the armpit. Fat and glandular tissue are removed to create a chest that is flatter and firmer, contributing to a more masculine contour. The incision heals well and is difficult to see.

Risk Factors

Complications from Gynaecomastia correction are infrequent. Bruising is a natural result of the surgery and may persist for a week or so. Hardness or lumpiness within the tissues due to swelling can persist for a month or so. Infection is uncommon but preventative antibiotics will be prescribed for you.



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Every year, many men undergo successful breast reduction surgery, experience no major problems and are pleased with the results. Anyone considering surgery, however, should be aware of both the benefits and the risks. Your surgeon will discuss these with you during your consultation.

Planning Your Surgery

In your initial consultation, the doctor will evaluate your health and explain which surgical technique is appropriate for you. You will be shown before and after photos of other men who have had the procedure and the results which they have achieved from surgery.

Sometimes liposculpture to reduce prominent breasts can be done as part of a combination body contouring procedure involving other parts of the body, for example, the abdomen and “love handles”. If you have this in mind, be sure to discuss your options with your doctor at consultation.

Post-Operative Care

The pain associated with breast reduction surgery varies from person to person but in general it's not considered to be particularly painful. There may be pain for the first 24 hours and discomfort for a week or more. We will ensure that you have adequate pain medication, however most patients cope extremely well with minimal reliance on medication.

You will be required to wear a chest binder garment for four to six weeks following surgery. This will be provided to you by the clinic.

During the first week after your surgery you will need to take life easy and avoid heavy lifting and excessive movements of your arms. Activities can be gradually increased after the first week, within your own comfort level. You will be able to shower 24 hours after your surgery. You should be able to return to your work after one week. If your job involves any form of heavy lifting or straining of any kind, you may need to take up to two weeks. Sport, particularly contact sport, should be avoided for at least 4 to 6 weeks. This includes swimming.

You will be reassessed in our clinic 7 days after surgery when your sutures are removed. You will subsequently be seen at our clinic 6 weeks and 3 months after surgery.

There is a very large amount of information available on gynaecomastia.

Much of this information will be explained to you during your consultation appointment. At *Cosmetic Image Clinics* we understand the issues involved in making such an important decision and we are happy to discuss your concerns at any time.