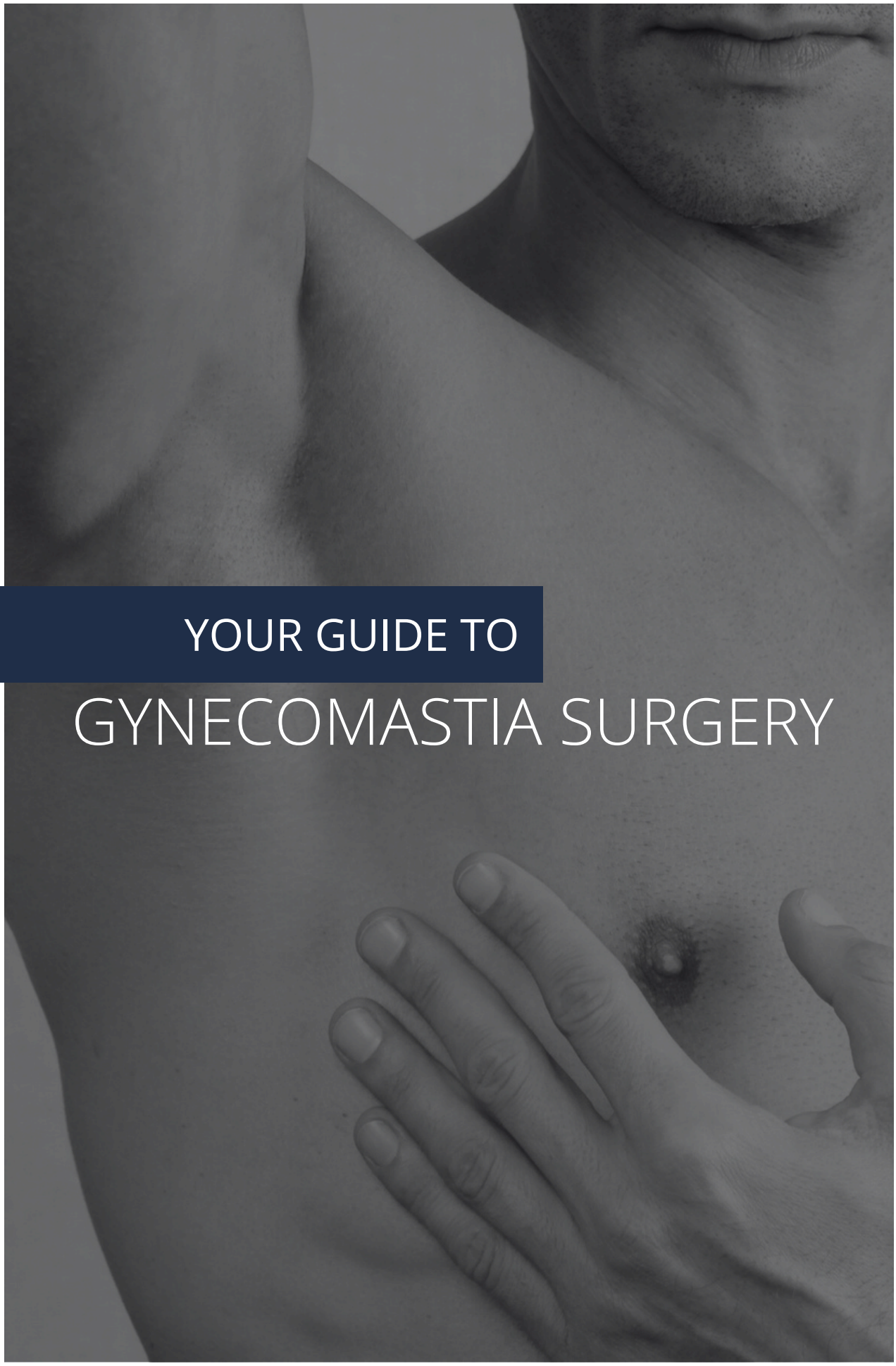

YOUR GUIDE TO

GYNECOMASTIA SURGERY

CosMediTour

WELCOME

Welcome to CosMediTour, Australasia's leading Plastic Surgery group. Since 2009, we've helped countless clients find the beauty of self-confidence. We partner with the finest Plastic Surgeons, renowned for delivering a premium standard of care & exceptional results, so you can rest assured that you're in expert hands with us.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

Male Breast Reductions are performed to correct Gynaecomastia—an excessive enlargement of the male breast tissue. Gynaecomastia is quite common. The condition affects an estimated 40 – 60% of the male population and can be caused by:

- ☑ Hormonal changes
- ☑ Weight gain
- ☑ Hereditary conditions
- ☑ Diseases (e.g. Liver Disease)
- ☑ Medications
- ☑ Drug use (anabolic steroids & marijuana)

Gynaecomastia can develop at any age, although it is most common during adolescence and middle-age. It can present unilaterally (in one breast) or bilaterally (in both breasts).

During Male Breast Reduction surgery, Plastic Surgeons remove excess breast tissue. This can:

- ☑ Boost self-confidence
- ☑ Prevent the areola from stretching
- ☑ Stop ptosis (sagging)

Other procedures may be required if these issues have already occurred (e.g. a Breast Lift).

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 1.5 hours

Male Breast Reductions take approximately 1.5 hours. During which time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 6 weeks for post-surgery recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Male Breast Reductions are typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 2 - 3 Weeks

Recovery from the procedure is quite straight forward. Clients can begin walking around on the same day and, depending on the work, can return to work 1 week after surgery. To aid recovery:

- ☑ Avoid driving for 1 week
- ☑ After 1 month, you can resume light exercise
- ☑ Avoid heavy lifting and contact sports for 4 weeks
- ☑ Avoid swimming for at least 6 weeks

RECOVERY TIME | 4 - 6 Weeks

Wear your compression garment for at least 4 - 6 weeks. The suture lines must be well-healed before resuming any strenuous exercise.

SETTLING PERIOD | 3 - 6 Months

Swelling and scars will begin to fade after 3 months.

There are a range of considerations to keep in mind when preparing for Gynaecomastia surgery. Your body is unique, so it's only right that your procedure is too.

PLANNING YOUR PROCEDURE

Male Breast Reductions can be completed in 4 ways:

- ☑ Subcutaneous mastectomy
- ☑ Horizontal Breast Lift (mastopexy)
- ☑ Liposuction
- ☑ A combination of any of the above

Surgeons choose their technique based on the cause of the Gynaecomastia (excess fatty deposits or glandular tissue), the age of the client, and their skin elasticity.

SUBCUTANEOUS MASTECTOMY

A subcutaneous mastectomy refers to the surgical removal of breast tissue. This technique is chosen when the primary cause of the enlarged breasts is excess glandular tissue or excess skin. To perform a subcutaneous mastectomy, surgeons make an incision around the areola. Typically, a small portion of tissue remains behind the nipple—this is to prevent post-operative hollowing, also known as the 'doughnut deformity'.

HORIZONTAL BREAST LIFT

If there is existing ptosis (sagging breast tissue/skin), the surgeon may recommend a horizontal breast lift. This requires a horizontal incision along the breast crease where a wedge of tissue will be removed to lift the breast and remove the excess skin. This results in a scar not only around the areola but also a horizontal scar across the bottom of the breast.

LIPOSUCTION

When the primary cause of a client's enlarged breasts is excess fatty tissue, surgeons will use the Liposuction Technique. Liposuction involves a small incision at the edge of the areola through which a cannula is inserted. The excess fat Is then removed from the body via vacuum suction.

HE COMBINATION APPROACH

In most cases, clients present with a mixture of excess glandular and fatty tissue. The most common Male Breast Reduction technique is the Combination Approach (subcutaneous mastectomy and liposuction). Surgeons will, where possible, use the same incision line for both parts of the procedure. This reduces scarring.

Note: once the excess tissue is removed, the size and position of the client's areola may need to be altered to reduce the appearance of ptosis (sagging).

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Male Breast Reduction, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, clots, allergies to medical materials)
- Cardiovascular complications (from anaesthesia)
- Slight asymmetry (breasts or nipples)
- Temporary numbness/loss of breast sensation
- Keloid or hypertrophic scarring (can be lumpy, inflamed, and itchy)
- Permanent pigment changes
- Reoccurrence of tissue growth*
- Need for further surgery to remove excess skin

**If the cause of the excess tissue growth is not identified and treated, it can grow again. Clients are asked to wait until they have stopped developing before they consider surgery. Similarly, any medications or drug use that might be causing the condition should cease, and clients should aim to be as fit and healthy as possible to ensure long-lasting results.*

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.