**What to Expect: Gynecomastia Surgery**

**Procedure Details**

Gynecomastia is the surgical correction of overdeveloped or enlarged breast tissue in men or boys. This can sometimes be cause by a hormonal imbalance or by certain medications. In most cases, gynecomastia is not a serious problem, but from an emotional standpoint it can be difficult to face. Although it typically goes away on its own, gynecomastia may persist, in which case surgery to reduce the size of the breast can be an effective option.

This procedure can be performed in several ways depending on the size of the breast. In some cases, liposuction alone can be effective at reducing the size. Sometimes a small incision around the areola is performed to remove excess skin. Occasionally, a full wise-pattern or “anchor” incision is recommended to remove skin and tissue. This is an incision around the areola, a vertical incision down the center of the breast and a horizontal incision at the base of the breast. Occasionally a drain is placed at each breast which is removed within 1 week after surgery.

Gynecomastia surgery is rarely covered by insurance and is often a cosmetic self-pay procedure.

* **Duration of surgery**: 2 hours
* **Hospital stay**: Day surgery

**Before Surgery**

You may be scheduled to undergo pre-operative testing with the Anesthesia team in the Weiner Center, where they will review your medications and medical problems. Do not eat or drink after midnight the evening before your surgery. You may take required medications with a sip of water. Call the Weiner Center at 617) 732-7484 with questions about your medications and when to stop them.

**After Surgery Care**

It is normal to feel tired and washed out after surgery. Often the pain medication and anesthetic will make you feel tired. Pace yourself according to how you feel. Total bed rest is not desirable – you should walk several times a day beginning the day after surgery.

* **Pain**: You will be given a prescription for a narcotic, such as Oxycodone. This medication may cause constipation, nausea and drowsiness. Do not consume this with alcohol or drive when taking this medication. You should take an over-the-counter stool softener (Colace or Senna) to prevent constipation. You may also take over-the-counter Tylenol or Ibuprofen for pain.
* **Numbness**: Your chest will be numb for several weeks to months. Your nipples may be overly sensitive or numb for several weeks after surgery. Often, the nipples are very sensitive after surgery and become less sensitive after a few weeks before they normalize.
* **Scars and stitches**: All dissolvable stitches. There will be skin glue overlying your incisions which will begin to flake off 2-3 weeks after surgery.
* **Surgical Garment:** You will be provided with a post-surgical compression garment at the time of surgery. You will remain in this for several weeks after surgery to minimize swelling and fluid collections.
* **Drains:** A drain may be placed at each breast and removed when the output is less than 20ml in 24 hours. The drain is often removed within 1-2 week after surgery.
* **Activity:** Walking is important to reduce post-operative risks. No heavy exercise for at least 3-4 weeks after surgery. No heavy lifting or exercises that engage the chest muscles for 12 weeks.
* **Bathing/Showering**: You may shower after surgery once drains have been removed.
* **Driving**:You may resume driving when you are off all narcotic pain medication and feel comfortable turning quickly if there was an emergency.
* **Follow up**: Schedule a postoperative appointment with Dr. Talbot’s clinic 7-10 days after surgery. Call 617-732-4288 with any questions or concerns.