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Treatment of Male Breast Tissue

Some men can have excess of fat or glandular tissue in the breast. There are endocrinological (or hormonal reasons) for the occurrence of male breasts. This is more common in the younger generation and can start as early as age 13-14. The condition can improve on its own in 13-14 year olds. If there are no hormonal abnormalities, male breasts can be treated with liposuction or excision (removal).

Liposuction of the male breast is carried out through 2-3 small incisions around the breast. The breast tissue is broken up and the fat is sucked out. Fatty breasts will often respond well to this treatment; however, in patients who have lost a large amount of weight, these breasts can result in sagging skin which may need to be excised at a later date. It is essential to wear a pressure garment for about 6-8 weeks following liposuction in order to allow the swelling to settle and the skin to shrink.

Occasionally, in very large breasts or breasts that do not respond to liposuction, surgical removal by cutting the breast tissue out is required. In this case, an excision is used around the nipple. Mr Khandwala will show you the possible scars. The results of both these techniques are good except in patients who have lost a large amount of weight where the excess skin needs cutting out and can result in longer scars. Occasional complications that occur with this procedure are: asymmetry and haematoma formation (blood collection under the operated area). These may need further surgery. Scar in cases of excisional surgery, can sometimes go red lumpy and hard.

Most cases of male breast fat removal are treated with liposuction rather than surgery. Occasionally nipple sensation can be altered. Mr Khandwala will advise you on the best procedure for your particular requirements.