

GYNECOMASTIA

PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have gynecomastia surgery (male breast reduction). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is Gynecomastia?

Gynecomastia is the enlargement of male breast tissue caused by an imbalance between oestrogen and testosterone levels, weight changes, certain medications or other medical conditions.

Surgical correction involves removing excess glandular tissue, fat or both, to create a flatter and more proportionate chest contour.

Why Consider This Procedure?

Surgery may be considered if:

- Enlarged breast tissue causes physical discomfort
- The condition persists despite weight loss
- There is significant glandular tissue present
- You experience emotional distress related to chest appearance

Before surgery, potential hormonal or medical causes should be assessed and addressed where appropriate.

Preparing for Surgery

You may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid blood-thinning medications unless approved
- Disclose all medications, supplements and medical conditions
- Undergo blood tests or hormonal evaluation if indicated
- Maintain stable weight prior to surgery

Fasting will be required if general anaesthesia is used.

Your Treatment Journey (International Patients)

Initial Assessment

Medical history, chest examination and photos are reviewed.

Travel Arrangements

Airport pickup and accommodation are arranged through the treating hospital.

Pre-Operative Appointment

Final assessment, markings and consent confirmation are completed.

Surgery Day

The procedure is typically performed under general anaesthesia and lasts 1–2 hours depending on complexity.

Post-Operative Stay

Some patients are discharged the same day; others may stay overnight.

Return Travel

Patients are generally advised to remain abroad for 5–7 days before flying home.

The Procedure

The operation may involve:

- Liposuction to remove excess fat
- Surgical excision to remove glandular tissue
- Small incisions around the lower border of the areola
- Skin tightening in more advanced cases

A compression garment is applied after surgery.



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After the Operation

Following surgery you may experience:

- Swelling and bruising
- Temporary numbness
- Mild discomfort
- Fluid drainage

A compression vest must be worn continuously for several weeks.

Recovery and Expected Results

First 2 Weeks

- Swelling and bruising are most noticeable
- Light walking is encouraged

Weeks 3–6

- Gradual reduction in swelling
- Return to normal activities

Months 3–6

- Final contour becomes more defined
- Scars begin to mature and fade

Results depend on skin elasticity and individual healing.

Aftercare Instructions

You may be advised to:

- Wear compression garments as instructed
- Avoid heavy lifting for at least 4–6 weeks
- Avoid strenuous exercise initially
- Keep incisions clean and dry
- Attend follow-up appointments

Strict adherence supports optimal healing.



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Potential Benefits

Gynecomastia surgery may:

- Create a flatter chest contour
- Improve symmetry
- Enhance clothing fit
- Improve confidence

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

During Surgery

- Bleeding
- Anaesthetic complications

After Surgery

- Infection
- Seroma or haematoma
- Asymmetry
- Changes in nipple sensation
- Visible scarring
- Need for revision surgery



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Procedure-Specific Considerations

Hormonal Evaluation

Gynecomastia may have underlying hormonal causes. Proper assessment is important before surgery.

True Gynecomastia vs Pseudogynecomastia

Enlargement due to glandular tissue differs from enlargement due to excess fat. Treatment approaches may differ.

Weight Stability

Significant weight gain after surgery may affect results.

Skin Elasticity

Reduced elasticity may limit skin retraction and affect contour.

Scar Placement

Incisions are typically placed around the areola to reduce visibility.

Emotional Wellbeing

Psychological readiness and realistic expectations are important.

When to Seek Medical Advice

Seek urgent advice if you experience:

- Severe or increasing pain
- Sudden swelling
- High fever
- Excessive discharge
- Shortness of breath



Questions to Ask Your Surgeon

- Will liposuction alone be sufficient?
- Will glandular tissue need removal?
- What scars should I expect?
- What is the full recovery timeline?
- What follow-up care is provided?

Further Information and Consent

Before proceeding with surgery, you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following in-person assessment.



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Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group
contact@worldmedigroup.com
Phone/WhatsApp: +44 7464085948
www.worldmedigroup.com

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