



PLASTIC &  
RECONSTRUCTIVE  
SURGEON

Dr. Johan van Heerden

MBChB, MMED, FC Plast Surg (SA)

Pr Nr: 036 0000 386 502

Pretoria East Hospital  
Suite M12  
c/o Garsfontein Drive & Netcare Street  
Moreletapark  
0044

## INFORMATION LEAFLET GYNECOMASTIA

### ADVANTAGES:

- Surgical removal of breast tissue in male patient.
- Reduced breast volume and therefore the reduction of the breast size.
- Reducing neck- & back ache, if big breast are the cause.

### DISADVANTAGES:

- Semi-circular scar around the areola or horizontal scar combined with a circular scar around the areola depending on the type of procedure.
- Pain and discomfort for the first few days after the operation.
- To prevent "dog ears" it may be necessary to lengthen the horizontal scar to get rid of the excess skin and fat.

### RISKS AND POSSIBLE COMPLICATIONS:

- Hematoma (blood collection that needs to be drained in theatre, which will mean additional theatre costs).
- Seroma (fluid collection that needs to be drained in the rooms).
- Sensation loss of the nipple (normally sensation returns within 12 months).
- Skin necrosis and wound breakdown at the suture lines and of the nipple and areola.
- Nipple numbness.
- Hypertrophic scars.
- Infection (rare).
- Nodularity due to calcification and fat necrosis.
- Minor asymmetry: no man's chest is perfectly symmetric before the operation, though we aim to get a symmetrical result, it can't be guaranteed 100%.

### ADDITIONAL INFORMATION:

- You have to be fasting for 8 hours before the procedure.
- Wash the body with Hibiscrub Soap twice in the 24 hours before surgery.
- You should not be smoking cigarettes for 6 weeks before and for 4 weeks after the operation.
- You should stop taking vitamin pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure to prevent excessive bleeding.
- You have to arrive 2 hours before the procedure at admissions.
- The excised breast tissue will be sent for histological examination to exclude the presence of malignancy and therefore additional costs will be involved.
- The suture material used is absorbable.

### POST-OPERATIVE CARE:

- Please complete the course of antibiotics.

- If applicable, empty the drains daily on exactly the same time in a disposable container. Measure the volume in each drain by using the 20 ml syringe, received on discharge. Contact the rooms, when the volume is < 25 ml/24 hours in each drain and make an appointment for the drains to be removed.
- Do not remove the dressings.
- A soft binder will be given to you, to wear post-operatively for 6 weeks.
- Do not apply "tissue-oil" or "Bio-oil" on the scars before all the raw areas have healed completely and the scabs has fallen off. Regime A may be applied as directed, once wound healing is complete, in a massaging fashion on the scar lines.
- Wound healing and the final result of the scars can only be judged after 12 – 18 months.
- Please follow-up with removal of the drains and after 6 weeks.