



## Male Gynaecomastia FAQ's

### **Q: What causes male breast enlargement?**

A: Although there are certain medical conditions and drugs (including marijuana and alcohol) that can cause enlarged breasts in men, in the vast majority of cases there is no known cause.

### **Q: At what age are men affected by Gynaecomastia?**

A: It's much more common than is generally recognised, affecting an estimated 40 to 60 percent of men, especially those over 50.

### **Q: How will male breast reduction surgery be performed?**

A: Gynaecomastia can be due to either an excess of fat, or an overgrowth of breast tissue. If the problem is fat excess, then liposuction is ideal. However if the problem is tough fibrous tissue, then a direct excision of the tissue is generally required.

We offer a free consultation service with our registered nurses to answer all of your questions at no cost to you. To take advantage of this offer, contact us today

### **Q: I have “man boobs”. Is this common?**

A: Gynaecomastia is the medical term for “man boobs” and is actually a very common problem. This excess tissue may be either breast tissue or fatty deposits, and may be attributed to family history or environmental or dietary habits.

### **Q: Is surgery for man boobs painful?**

A: The degree of pain following your surgery will depend on how the tissue was removed and how extensive your problem was.

Excessive breast tissue will be excised or “cut out”. Excessive fatty tissue will be removed using liposuction. You will feel stiff and sore following liposuction. Excision generally is relatively pain-free.

Dr McGovern will give you a prescription for pain relief following surgery.

### **Q: How much time will I need off work following surgery for gynaecomastia ?**

A: Generally a week off work is all that is required following surgery for gynaecomastia. If you require more time, Dr McGovern can provide a certificate for work if required.

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