

MALE BREAST REDUCTION SURGERY CHECKLIST

WHAT IS MALE BREAST REDUCTION SURGERY?

- Development of 'man boobs' is not uncommon. The condition is known by the term Gynaecomastia, which means having over-developed, enlarged or fatty breast tissues. It affects a number of men at different stages of their life.
- When weight gain, lifestyle factors, genetic traits and hormonal fluctuations lead to a more 'feminine' chest appearance in males, Male Breast Reduction Surgery can effectively treat Gynaecomastia.
- The aim of surgery is to reduce protruding breast tissues by removing sagging skin, excess fat and glandular tissues. This helps restore a flatter, firmer and more masculine contour to the chest area.

AM I A GOOD CANDIDATE?

- Are you unhappy with the size of your chest area?
- Do your 'man boobs' cause you to feel self-conscious or embarrassed?
- Are you afraid to take your shirt off in front of others due to the appearance of your chest area?
- Do you find it difficult to feel comfortable wearing fitted shirts or slimline clothing?
- Have you lost weight but have excess skin or fatty tissue in the chest area that you would like to reduce?
- Are your nipples overly prominent, wide or puffy?
- Are you embarrassed by the appearance of your nipples?



PRE-SURGERY CHECKLIST



Before you decide on your Surgeon or proceed with Male Breast Reduction surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Male Breast Reduction surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Male Breast Reduction surgery can actually achieve?

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?

PREPARING FOR YOUR FIRST CONSULTATION

What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

BENEFITS OF THIS SURGERY

An improved chest and/or nipple appearance - The most obvious benefit of Male Breast Reduction Surgery is the physical result: a smaller and firmer chest area that no longer protrudes.

More clothing options - The appearance of protruding 'man boobs' or overly prominent nipples may have held you back from wearing the clothing you like. This procedure may help return the confidence to wear more fitted shirts, or to go without a shirt during summer.

Confidence - The physical improvements often achieved by Male Breast Reduction Surgery may help you feel more confident and self-assured about your chest area.

It is important to remember to have realistic expectations about your results, and to ask your Surgeon what can, and cannot, be accomplished through a breast reduction procedure.

FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Male Breast Reduction Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

Our Male Breast Reduction Surgery Guide covers:

- Male Breast Reduction Surgery explained
- How to plan for your Male Breast Reduction Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

[DOWNLOAD THE FULL GUIDE HERE](#)



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