

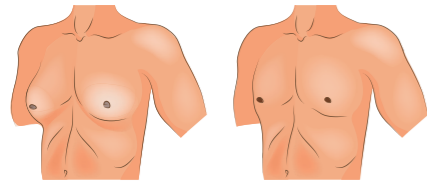
treatment and goes away on its own. However, if it results from an underlying medical condition, that condition must be treated to resolve the breast enlargement.

In cases of gynecomastia causing severe pain or social embarrassment, medications or surgery may be used to correct the condition.

SURGERY

Surgery can be used to remove excess breast fat and glandular tissue. In cases where swollen tissue is to blame, your doctor may suggest a mastectomy, a surgery to remove excess tissue.

GYNECOMASTIA
before and after surgery



BREAST AUGMENTATION



PLEASE SCAN FOR
THE LOCATION

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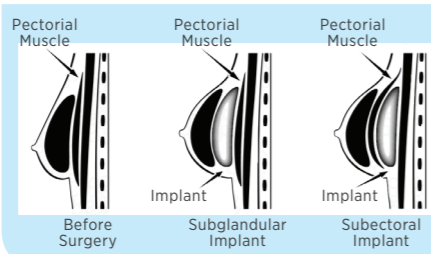


Breast augmentation is a surgery that increases the size of a person's breasts. It's also known as augmentation mammoplasty.

In most surgeries, implants are used to enhance breast size. Fat from another part of the body can also be used, but this method is less common.

People typically get this surgery to:

- enhance physical appearance
- reconstruct the breast after a mastectomy or another breast surgery
- adjust uneven breasts due to surgery or another condition
- increase breast size after pregnancy or breastfeeding



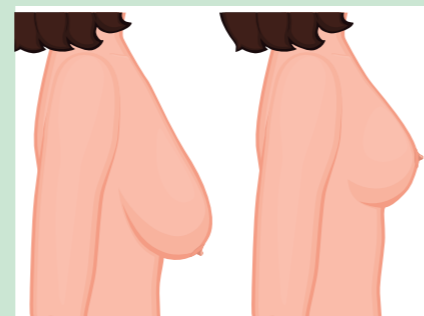
TYPES OF BREAST AUGMENTATION SURGERY

There are two main kinds of breast augmentation:

- Cosmetic breast implants. A silicone or saline implant is inserted behind the breast tissue or below the pectoralis, or pushup, muscle.
- Reconstructive surgery. If your breasts were removed in another surgery, breast implants or fat tissue from another part of the body can be used to rebuild them.

Breast augmentation can be combined with a breast lift, or mastopexy. This surgery changes the shape of your breasts, but it doesn't alter the size. Generally, recovery takes about 6 to 8 weeks. It may take more time depending on how you heal and your overall health. Every person is different, so it's best to talk to a surgeon if you're concerned about the recovery process.

BREAST REDUCTION AND LIFT



Breast reduction surgery, also known as reduction mammoplasty, is a procedure that helps reduce the size of a woman's breasts. A plastic surgeon will remove extra fat, tissue, and skin through cuts on the undersides of both breasts. Breast reduction is an outpatient procedure that generally doesn't have many complications.

A breast lift, also known as mastopexy, raises the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour.

PREPARATION FOR BREAST REDUCTION AND LIFT

Before a breast reduction procedure, your doctor will perform a routine breast exam to determine if you're a candidate for the surgery. You may also need a mammogram or other lab tests to ensure



you're in good health. You and your doctor will need to decide whether or not to use general anesthesia during the surgery, as some patients do fine with local anesthesia.

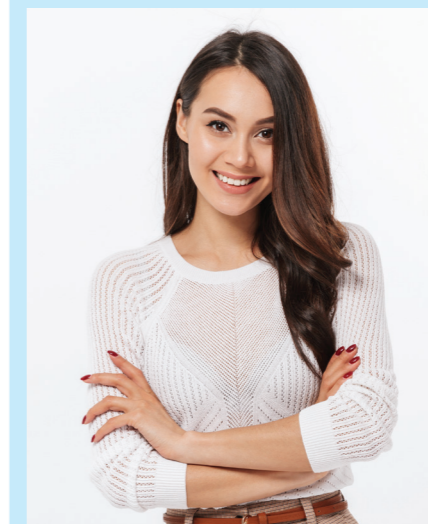
In the days before the surgery, your doctor will probably advise you to stop taking certain over-the-counter drugs such as aspirin or ibuprofen. Arrange in advance for someone to give you a ride home and take care of you for a few days after surgery. Call in any prescription medications you may need to help manage pain after surgery.

On the day of your surgery, you'll probably have to avoid food and water in the hours leading up to the procedure. Your doctor will provide specific instructions.

HEALING FROM BREAST REDUCTION AND LIFT

While you may return home from the hospital on the same day as the surgery, you'll need plenty of time for rest and recuperation.

Be careful to avoid any movement that would cause muscle strain for several weeks after surgery. Don't lift heavy groceries or anything over 2 kilos. Your breasts will be sore and probably painful to the touch. With pain

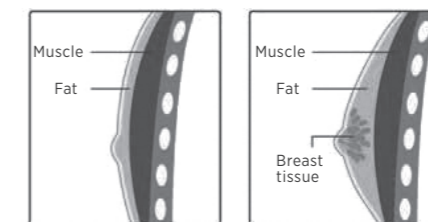


medication, you should be able to manage the healing process better. You may also have symptoms like numbness, itching, or general tiredness.

Based on how quickly you recover, your doctor should be able to tell you when you can return to normal activities like work, exercise, or driving.

BREAST ENLARGEMENT IN MEN (GYNECOMASTIA)

Breast enlargement with increased breast gland tissue in men is called gynecomastia. Gynecomastia can occur during early childhood, puberty, or older age (60 years and older), which can be a normal change. Men can also have gynecomastia due to hormonal changes, or medication side effects. It can happen to one or both



breasts. Pseudogynecomastia will not be discussed here, but it is caused by obesity and by more fat in the breast tissue, but not increased gland tissue.

Most cases of gynecomastia don't require treatment. However, for cosmetic reasons, the condition can affect self-esteem and cause someone to withdraw from public activities. Gynecomastia can be treatable with medication, surgery, or by stopping use of certain medications or illegal substances.

HOW IS BREAST ENLARGEMENT IN MEN DIAGNOSED?

To determine the cause of your swollen breasts, your doctor will ask questions about your medical history and your family's medical history. They will also physically examine your breasts and genitals. In gynecomastia, the breast tissue is greater than 0.5 centimeters in diameter.

If the cause of your condition isn't clear, your doctor may order blood tests to check your hormone levels and a mammogram or ultrasound to view your breast tissue and check for any abnormal growths. In some cases, further tests such as MRI scans, CT scans, X-rays, or biopsies may be necessary.

COUNSELING

Gynecomastia may cause you to feel embarrassed or self-conscious. If you feel it's making you depressed or you're too self-conscious to take part in your normal activities, speak to your doctor or a counselor. It may also help to talk with other men who have the condition in a support group setting.

HOW IS BREAST ENLARGEMENT IN MEN TREATED?

Gynecomastia usually requires no