

# Gynecomastia

Gynecomastia is a condition most commonly found in adolescent males. It may also be found in infants and post-adolescent males. Gynecomastia is the result of overgrowth of the breast tissue. Amounts of adipose and glandular tissue will vary. The etiology in the adolescent male is typically believed to be the result of the tissue response to hormonal changes.

Many adolescent cases will undergo spontaneous regression. If this does not occur, self-esteem and body image problems often result. In addition, these young men may become the target of ridicule. Other causes of gynecomastia include tumor production, genetic disorders, and hormonal imbalance due to supplements and/or medications. Patients commonly feel compelled to hide the condition, are reluctant to seek treatment, or may not even be aware that treatment is available.

Timing of treatments is, in part, age-related. In the adolescent patient, treatment should be delayed until adequate time has passed to allow for spontaneous regression. When regression does not occur, referral to a plastic surgeon is indicated. If other medical conditions or medications are found to be causative, these must be addressed prior to considering surgical treatment.

Reconstruction involves removal of the excess tissue to the extent that it results in an appropriate contour for the patient. This may be accomplished with direct excision of the tissue and/or use of liposuction. In cases where there is extensive overgrowth of tissue, skin excision is included in the surgical procedure. Afterwards there is always a small amount of residual breast tissue; in light of this, there is a rare chance of recurrence.

Recovery from surgery typically requires limiting activities for six weeks, such as exercising and anything requiring vigorous arm movements. This restriction allows for tissues to heal and limits the risk of blood or fluid collection. Following surgery, drains are often inserted, and the patient is dressed with a compressive dressing.



  
***Northland Plastic Surgery***  
—————  
—————

**(218) 724-7363 or (800) 964-6891**

**[northlandplasticsurgery.com](http://northlandplasticsurgery.com) or [info@northlandplasticsurgery.com](mailto:info@northlandplasticsurgery.com)**

# JEREMIAH'S *Story*

Jeremiah sought our advice because he was self-conscious about enlarged breasts that developed when he was a teenager. He had no endocrine or other medical explanations for this condition.

A diagnosis of mixed-type gynecomastia was determined, and after careful deliberation, he underwent male mastectomy with nipple-areolar grafting.

He had a smooth recovery and returned to work several weeks after surgery with a much improved body image.



"I couldn't be happier with the results of my procedure. It has changed many aspects of my life, from something as major as my confidence, to something as small as deciding what shirt to wear or buy. My only regret is not getting it done sooner." ~Jeremiah