

What is ContourSM Male Chest Reduction Surgery?

ContourSM Male Chest Reduction Surgery is the most effective and popular solution to gynecomastia, a condition that affects an estimated 40 to 60 percent of men. Gynecomastia is a medical condition resulting in abnormally large breasts in men. It can affect one or both breasts, and may be caused by certain medical conditions. Additionally, the use of drugs (such as steroids) has been linked to gynecomastia; however, the cause of the condition is not always known.

Am I a good candidate for ContourSM Male Chest Reduction Surgery?

Ideal candidates for ContourSM Male Chest Reduction Surgery are those with elastic skin that can be easily reshaped. The surgery is not recommended for men who are overweight or obese; however if you've lost weight and maintained your current weight for 6 months, you may be a good candidate for this procedure.

Additionally, men who consume excessive amounts of alcohol or smoke marijuana are generally discouraged from undergoing ContourSM Male Chest Reduction Surgery since both alcohol and marijuana have been linked to the condition.

What can I expect?

Surgery is performed under general anesthesia and typically takes between 1 and 2 hours (facility and anesthesia fees will apply).

There are three common surgery techniques, and your surgeon will choose the method based on your unique needs:

- Minimal: Gynecomastia is primarily the result of excess fat, so it is treated with liposuction of the breast, with a small incision at the lower areola.
- Moderate: Gynecomastia is a result of excess fat and breast tissue. In this situation, liposuction is performed to remove the excess fat, and the breast tissue is removed through an incision in the lower areola.
- Severe: Gynecomastia is a result of excess breast tissue, fat and sagging skin. In this case, skin, fat and breast tissue will be removed, plus the remaining skin will be lifted so that the remaining breast tissue is lifted to a higher position on the chest. The incision will depend on the size and shape of the breast.

How much time is needed to recover from ContourSM Surgery?

Although your chest may be sore, you can resume light activities within a few days following ContourSM Male Chest Reduction Surgery. You will be required to wear a surgical compression garment for several weeks. During the first few weeks following surgery, the chest may be swollen and bruised. The swelling may cause a temporary loss of sensation in nipples and skin.

In most cases, you may return to work after a week. In order to help the healing process, routine physical activity and exercise should be avoided for at least 4 weeks after surgery. It is very important to avoid lifting and pushing or pulling motions during this period.

What risks and complications are involved?

ContourSM Male Chest Reduction Surgery complications may include issues that are common potential problems for all surgery: bleeding, infection, hematoma, adverse reactions to anesthesia, and scarring. Specific potential breast reduction surgery risks are asymmetrical breasts, uneven nipples, and altered or loss of breast sensation.

What type of scarring should I expect?

With various techniques for chest reductions, there are several possible scarring patterns: lower areola or anchor-like scars that extend around the nipple, down the middle of the breast, and under the breast.

African American men may have even greater concerns because of their tendency towards keloid scarring.

A pre- and post-treatment series of ScarRepairSM treatments will minimize scarring so that results look as natural as possible (additional fees apply).

How long do the results of ContourSM Male Chest Reduction Surgery surgery last?

Results of the ContourSM Male Chest Reduction Surgery are permanent. However, patients who gain weight or take hormones or drugs that may affect breast growth may notice an increase in breast size due to a natural increase in breast tissue. Also, the effects of aging and gravity may cause the chest area to sag over time.