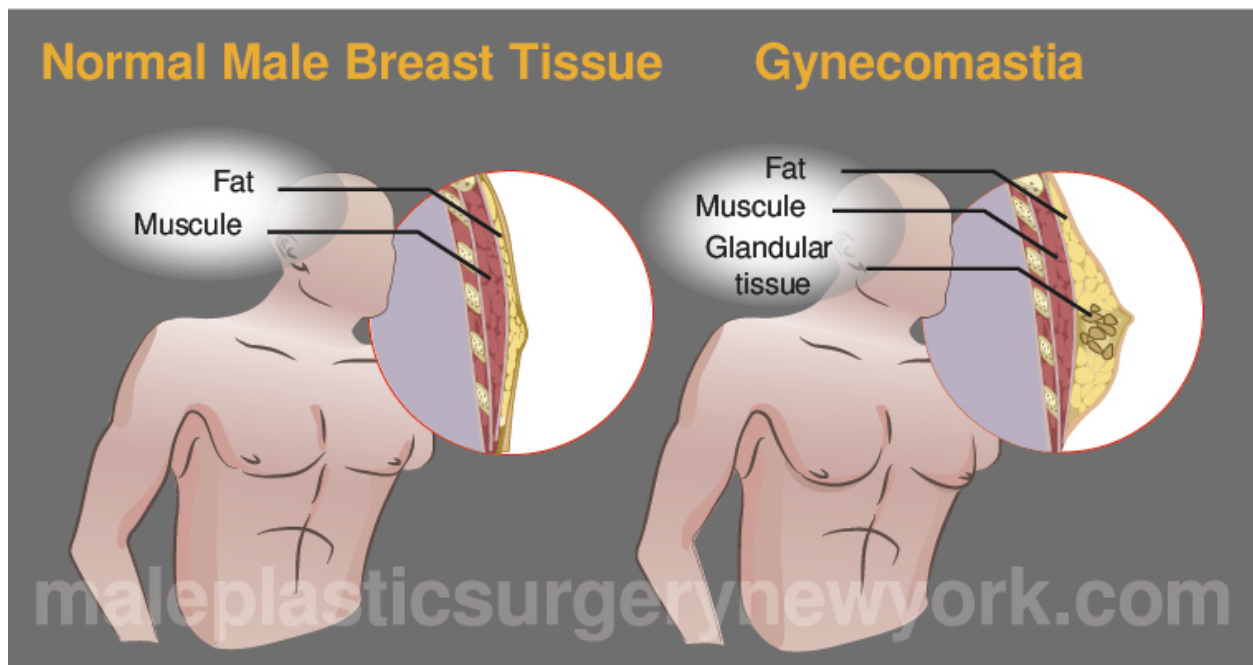


7 Types of Gynecomastia

Gynecomastia is the excessive growth of the gland or breast tissue causing enlargement of the male chest. In the United States 57% adult men and 36% young adult men have gynecomastia. There are several types of the condition and it is characterized by excess breast skin, excessive glandular tissue development and excessive localized fat. Unfortunately, the appearance of large breasts in men can cause a negative impact on self-confidence. The good news is there is something that can be done about it with gynecomastia surgery performed by NYC plastic Surgeon Dr. Douglas Steinbrech.



Dr. Steinbrech is board certified in plastic surgery and cosmetic surgery. One of the popular procedures he performs is male breast reduction, also known as gynecomastia. If you or someone are considering gynecomastia surgery in NYC, this guide will give you a basic understanding of the procedure.

Common Causes of Gynecomastia

Several common factors can cause gynecomastia including the following:

- Excessive levels of estrogen
- Natural hormone changes
- Street drugs and alcohol
- Medications and their side effects

- Health conditions

Treatment

The most common and popular treatment for gynecomastia patients in NYC is the removal of the excess breast tissue with surgery. Treatments are recommended by the doctor and are determined on the severity of gynecomastia and the patient's individual health issues.

Types of Gynecomastia

- 1- Normal Gynecomastia** – This type is usually apparent in boy between the ages of 12 to 15 years old and older men 65 years old or more who experience a drop in their testosterone levels. This type of Gynecomastia takes about one to two years to regress on its own.
- 2- Pure Glandular Gynecomastia** – This particular type of gynecomastia is seen more commonly in body builders and is caused by steroid use. Surgical removal of the gland is required for treatment.
- 3- Adult Gynecomastia** – Fat deposits are apparent in the glandular tissue. This type of gynecomastia is the most common. Doctors may recommend surgery for treatment of the condition.
- 4- Adolescent Gynecomastia** – This type is hereditary and usually appears in 30% to 60% of boys between the ages of nine to fourteen. Many cases of adolescent gynecomastia resolve on its own as the boy grows into adulthood. Some may choose to undergo surgery to correct the situation, this usually happens at the age of 18 or above. In severe cases in young boys, the physician and child development specialists will need to speak to the parents regarding the severity of the gynecomastia and if surgery is an option before the age of 18.
- 5- Assymetric or Unilateral Gynecomastia** – This type of gynecomastia appears in either one or both breasts at different degrees. In many cases one breast appears larger than the other. Surgery is a common treatment for this type of gynecomastia.
- 6- Pseudo-Gynecomastia** – It is composed of adipose tissue instead of glandular tissue. This type of gynecomastia can be treated with diet, liposuction or surgery
- 7- Severe Gynecomastia** – This type of gyencomastia commonly affects those who have lost skin elasticity at an older age and those who have been obese or overweight at one point in their life and lost weight may have saggy skin and

breasts that are severely enlarged. Surgery is the recommended treatment for severe gynecomastia.

Surgical Treatment Options

There are three types of surgical treatment options available that treat gynecomastia. The doctor will recommend the one that is best suited to each individual case.

- 1- Liposuction** – This procedure is a common resolution treatment for gynecomastia that is primarily the result of excessive fatty tissue. During this procedure a thin hollow tube called a cannula is inserted through small incisions and moved back and forth as it loosens the fat and removes it through a vacuum suction.
- 2- Excision** – The excision technique is used on cases of gynecomastia where excess skin and glandular breast tissue must be removed and the areola or nipple needs reduction and repositioning to create a natural looking appearance. The incision patterns are determined by the specific condition of the patient.
- 3- Liposuction and Excision Combination** – The doctor will recommend this procedure which combines the liposuction technique and excision technique to create a natural look.

Results and Recovery

Visible results are immediate. Patients are given specific instructions for the recovery period. Dressings and bandages will be applied to incisions and a support garment will be used to support the new chest contour and minimize swelling. At times, a thin small tube will be placed under the skin in order to drain fluid and blood that may collect. The results are usually permanent. On occasion the condition may return and treatment will need to be repeated.

Cost

According to the American Society of Plastic Surgeons the average cost of gynecomastia surgery can vary widely. Surgery quotes should include the procedure itself, operating room facilities, anesthesia fees, surgeon's fees, medical tests, post-surgery garments, prescription medication and other related costs. Most plastic surgery offices offer convenient finance plans that allow patients to pay a low monthly payment.

Risks and Complications

- Blood clots
- Hematoma
- Breast contour irregularities
- Anesthesia risks
- Infection
- Breast asymmetry
- Breast shape irregularities
- Scarring
- Fluid accumulation
- Persistent pain
- Temporary or permanent changes in breast or nipple sensation

Deciding to receive gynecomastia treatment is a choice that should be made carefully. Discussing all options with a licensed plastic surgeon is recommended. Dr. Steinbrech will diagnose the type of gynecomastia as well as recommend the best-suited treatment for each individual case. In almost all cases, the patient is happy with the results and exudes a newfound self-confidence that allows them to have a fresh new outlook on life.

Consultation

Interested in getting started with your male breast reduction surgery? Dr. Douglas Steinbrech and his staff will be happy to discuss gynecomastia procedure with you. Please call 212-750-7100 for a private consultation or [schedule an appointment online](#) at our office.

Male Plastic Surgery New York

Dr. Douglas S. Steinbrech, MD

60 E 56th Street

Suite 301

New York, NY 10022

212-750-7100

<http://www.maleplasticsurgerynewyork.com>