



patient may be asked to wear a chest corset to help the skin settle faster and better. Although the operation only reduces glandular and/or fat accumulation on the chest, it cannot replace dieting or exercise for weight loss.

Dr Ginwalla says that the surgery does include minor complications but they have little risk to a patient's life. "These include unpredictable factors such as a patient's wound healing ability, failure to follow instructions or an unexpected allergic reaction to a drug. Postoperative bruising is a common result of liposuction but usually resolves within two to three weeks. Excessive activity in the immediate post-operative period may increase bruising. Irregularities and depressions of the skin can occur after any liposuction. These usually settle down with time and a little massage, though sometimes a little more liposuction may be required to even out the contours. In rare cases, body fluid (seroma) or blood clots

BREAST

Gynaecomastia or enlarged male breast is a problem that can be successfully treated. Zeenia F Baria speaks to experts

NO MORE

It may be spoken about in hushed tones, but Gynaecomastia is a problem that affects 40 per cent of men all over the world — right from their teens to the late 60s, says plastic and aesthetic surgeon, Dr Rustom F Ginwalla, adding, "It is the accumulation of fat, and the enlargement of the glandular tissue, in the male breast. It is more common in obese individuals and may result from hormonal fluctuations or as a side effect of certain medications. Men with Gynaecomastia are embarrassed and self-conscious. They do not like to wear tight T-shirts, take off their shirts in public or go swimming. This affects their social life."

Surgery for Gynaecomastia, says Dr Ginwalla, depends on whether the enlargement is due to fat, breast tissue, or both. "Vaser liposuction is a minimally invasive procedure that is carried out for essentially fatty breasts with or without glandular tissue, through an almost invisible incision in the armpit. It is especially good in cases with loose skin and is usually done as a day care procedure, and one can go home in a few hours."

Aesthetic and laser surgeon,

Dr Lakshyajit Dhami, says that this problem has been on the rise in recent times. Before liposuction, the procedure involved a big incision to remove the male breast tissue occasionally resulting in a scar. "Today with liposuction, a person's chest flattens out and there is no future possibility of regaining this fat and tissue. There are innumerable examples of men and boys undergoing a change in their personalities for the better post this procedure," he says.

Agrees cosmetic surgeon Dr Anil Tibrewala, saying that Gynaecomastia is known to cause considerable psychological distress, especially in adolescents who are struggling with issues related to sexual identity and self-image.

"Prolonged presence of breast enlargement in males leads to the development of periductal fibrosis and stromal hyalinisation, preventing regression of breast tissue and causes pain

and discomfort due to the distension and tightness from the hypertrophied breast. The surgery offers a quick remedy to the discomfort — physical and social — that a patient suffers," says Dr Tibrewala.

The operation is done through a small, semi-circular incision in the lower circumference of the nipple, at its junction with the normal coloured skin. A surprisingly large Gynaecomastia can be corrected through this innocuous incision. The surgery takes about an hour-and-a-half to do and drains are inserted under the skin at the end of the procedure. General anaesthesia is used since it allows better control over the patient's vital parameters. After drain removal, a patient is allowed to shower daily. Follow up takes place every three or four days and stitches are removed after 10 to 12 days. If the case was that of very large Gynaecomastia, a

(hematoma) can build up underneath the skin. This may resolve or need some treatment using a needle and syringe, or a second small operation. Sometimes the wound gets infected or breaks down, resulting in skin loss. This is more likely in smokers, so stop smoking at least two weeks before and after the operation," he says.