



Dr Mansi Dhende
Aesthetics

The only guide you need

Gynecomastia

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General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.

What is Gynecomastia?

Gynaecomastia, often referred to as 'man boobs,' involves the overdevelopment or enlargement of breast tissues in men. This condition can occur at various stages of life and is not always linked to an elevated body mass index (BMI). Factors such as weight gain, lifestyle, genetics, and hormonal imbalances can contribute to a more feminine chest appearance in males. Gynaecomastia surgery aims to reduce this breast tissue by removing excess fat, glandular tissues, and sagging skin to achieve a flatter, firmer chest.

Causes of Gynecomastia:

- Obesity and Weight Fluctuations
- Hormonal Changes during Adolescence
- Genetics (ethnicity or genetic abnormalities)
- Increased Oestrogen Levels
- Decreased Testosterone Levels
- Androgen Imbalances
- Chronic Illnesses
- Supplements, Soy Products, or Medications
- Overuse of Certain Drugs

Characteristics of Gynaecomastia

- Excess Localized Fat in the Chest Area (including the nipple area or puffy nipples)
- Excess Glandular Tissue
- Excess Chest region skin (often redundant skin following weight loss).

When to Consider Gynaecomastia Surgery?

Gynaecomastia surgery may be suitable for men looking to reduce the size and volume of their breast tissues. The surgery helps in reducing excess breast fat and glandular tissue, reshaping or resizing the nipples, and achieving a flatter, firmer chest. This procedure is often sought by men experiencing persistent gynaecomastia that causes embarrassment or self-consciousness.



Common Reasons for Wanting Gynaecomastia Surgery

- Dissatisfaction with Chest Size
- Self-Consciousness or Embarrassment
- Discomfort in Taking Off Shirt in Public
- Difficulty Wearing Fitted Shirts or Slimline Clothing
- Excess Skin or Fatty Tissue Post Weight Loss
- Prominent, Wide, or Puffy Nipples
- Discomfort in Swimwear or Fitted Clothing



Surgery Checklist

Before deciding on your surgeon or proceeding with Gynaecomastia Surgery, consider these important questions:

- Is my plastic surgeon highly skilled, with an MCh or DNB (Plastic and Reconstructive Surgery) qualification recognized by the National Medical Commission (previously Medical Council of India), respective State Medical Council and board-certified by IAAPS/ APSI ?
- Will my Gynecomastia Surgery be performed in a fully accredited hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Gynecomastia Surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing and able to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone (a friend, partner, or relative) who can assist me during my recovery, and am I patient enough to wait until all the swelling subsides before seeing my final results?

Customized for You:

Individual Surgical Journey: Everyone's surgical journey is different, and your exact process may vary from the general details provided.

Customized Approach: Your plastic surgeon will tailor the Gynaecomastia Surgery to suit your specific aesthetic need, desired outcomes, and the approach that will yield a natural, long-lasting result.

For more information on the surgical process of a Gynaecomastia or any other questions, please contact us at +91-9958513448.

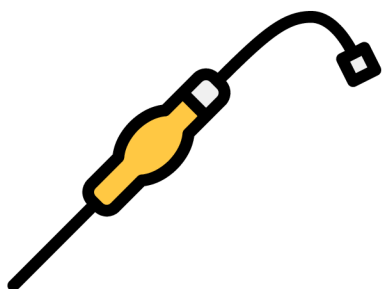
Surgical Process

Anaesthesia

- Administered based on the chosen surgical approach (local or general anaesthetic).

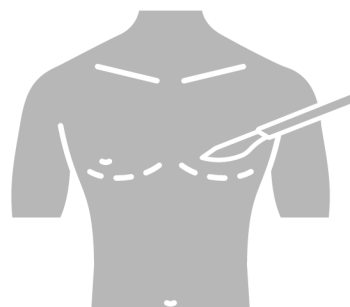
Liposuction

- Small incisions are made along the areola edge or within the armpit.
- A thin tube (cannula) is inserted through the incisions to reduce and suction out targeted fat deposits and glandular tissue, sculpting a natural chest contour.



Surgical Excision

- Used when glandular tissue or excess skin needs removal.
- Incisions typically made around the areola.
- Excess tissue, fat, and skin are removed, and the incisions are closed using dissolvable sutures.



Recovery

- Recovery time varies but generally takes around 1-2 weeks.
- Smaller treated areas may allow return to work within a few days, larger areas may need 7-10 days.
- Initial results visible immediately; full results after 4-6 weeks as swelling subsides.

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Post-Operative Recovery

Recovery varies by procedure and health factors; allow 1-2 weeks for recovery. Consult your plastic surgeon before resuming activities like driving and exercise. Wear post-operative compression garments as advised (usually up to 6 weeks). Follow your plastic surgeon's instructions and attend all post-operative consultations.



Maintaining Results

Individual Variability:

Every patient is unique, and surgery results can vary. It is important to work collaboratively with your surgeon and maintain realistic expectations.

Factors Impacting Results:

Your results from Breast Reduction Surgery may be affected by fluctuations in weight, skin health, or Body Mass Index (BMI).

Longevity of Results:

To maximize the longevity of your Gynecomastia Surgery results, maintain a healthy, nutritious lifestyle.

Benefits of Gynecomastia Surgery

Flat Chest: Improved Chest Appearance:

- Achieves a smaller, firmer chest area.
- Helps those with excess skin post-weight loss achieve a firmer upper torso.

More Clothing Options:

- Reduces self-consciousness about 'man boobs' or prominent nipples.
- Enables wearing fitted shirts or going shirtless confidently.

Increased Confidence:

- Enhances body image and self-assurance.
- Improves quality of life in areas previously affected by chest concerns.



Does the Gynaecomastia Surgery Hurt?

Expected Discomfort: Most surgeries involve some discomfort and pain during the initial post-surgery healing periods. Discomfort levels vary for each patient due to several factors, including individual pain perception and sensitivity.

Managing Pain: Pain during the healing period, particularly in the days immediately following surgery, is generally manageable by following your surgeon's recommendations and post-operative instructions precisely.



What Steps Can Be Taken to Minimize Pain?

Our approach to recovery focuses on getting you back to your normal life as soon as possible. We are dedicated to keeping you as comfortable as possible during your pre-operative sessions, surgical procedure, and healing and recovery period following surgery.

When Can I Return to Work After Surgery?

Recovery time before returning to work or daily activities like driving varies based on the procedure and the nature of your job. Generally, patients can return to work within 1-2 weeks following surgery. Those with physically demanding jobs may need more time. It is advisable to allow 4-6 weeks for adequate healing before resuming activities like heavy lifting or strenuous exercise.



Do I Need to Avoid Exercise?

Recommended Waiting Period: Your plastic surgeon typically advises waiting at least 6-8 weeks before resuming strenuous exercise.

Consult Your Surgeon: Always consult your surgeon before returning to any form of exercise or similar activities to ensure a safe recovery.

Will I Need to Stay in the Hospital Overnight After Surgery?

An overnight hospital stay may be required for this procedure to ensure patients are properly monitored and receive high-quality care. Overnight stay is not required for all patients. Your plastic surgeon will provide specific advice regarding the length of your hospital stay and your post-surgery care requirements.

What Can Be Done to Minimize Post-Surgery Scars?

Inevitable Scarring: Incisions are a necessary part of Surgery, resulting in some form of scarring at the incision sites. Following post-op instructions carefully and wearing surgical tapes and garments as advised by your surgeon will help. Laser scar minimization may be available; discuss the options with your surgeon.

How soon after surgery can I expect to see results?

While each patient is unique, results are typically visible immediately after surgery. However, it generally takes 4-6 weeks for swelling to subside, providing a clearer view of the final outcome once the healing and recovery period is complete.

Any advice on my smoking habit?

Stop Smoking Prior to Surgery and After Surgery.

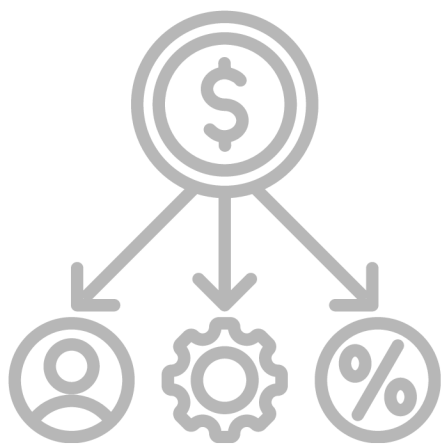
Impact on Healing: Smoking decreases oxygen delivery to skin, impacting healing. Patients must stop smoking at least 6 weeks before surgery and after surgery.

How long will my Gynaecomastia Surgery results last?

Gynaecomastia surgery offers long lasting results. To maintain these results, it is crucial to follow a healthy diet and exercise regimen to avoid significant fluctuations in BMI and health.

How Much Will My Gynaecomastia Surgery Cost?

The cost of your surgery will vary based on the type of procedure, the hospital, and the length of your hospital stay. During your initial consultation, you will receive an approximate price range for your surgery.



Do You Still Have Unanswered Questions?

For more information about your Gynaecomastia journey, talk to our expert plastic surgeon at +91-9958513448. We are happy to answer any questions you may have.



What Can I Expect at My Initial Consultation?

During your initial appointment with your plastic surgeon, you will typically:

- Undergo a physical examination.
- Have your photos taken.
- Review Before and After photos from past patients.
- Learn more about your surgical options.
- Receive detailed information about your selected surgery options.
- Discuss the possible risks and complications associated with surgery.
- Get information about surgery pricing and available dates.
- Have the opportunity to ask questions; feel free to bring a friend or family member for support.

About Dr. Mansi Dhende

Dr. Mansi Dhende

MCh Plastic & Reconstructive Surgery,
MS General Surgery,
MBBS

Dr. Mansi Dhende (MBBS, MS General Surgery and MCh Plastic Surgery) is a Board-Certified Female Plastic Surgeon in Delhi. Her first talk in the field of plastic surgery was on the “applications of tissue expanders”. She is an active Life member of Indian Association of Aesthetic Plastic Surgeons (IAAPS), only representative organisation of qualified Plastic Surgeons practicing Aesthetic Plastic Surgery (Cosmetic Surgery).

She has been trained by the reputed faculties in the field of General Surgery (MS) & experts in plastic, aesthetic and reconstructive surgery (MCh).

After completing her formal education as a plastic surgeon, she joined various fellowship programs to refine her skill set in Plastic and Aesthetic Surgery.



Area of Expertise

Dr. Mansi Dhende is a trusted professional in the plastic & aesthetic surgery field, offering a comprehensive range of surgical and non-surgical procedures tailored to meet the unique needs of each patient.

Dr. Mansi Dhende specializes in aesthetic transformative procedures, including breast augmentation, breast reduction, mommy makeovers, liposuction (male & female), tummy tucks, hair transplants, brow lifts, facelifts, body contouring, gynecomastia, buccal fat removal, buttocks augmentation, as well as non-surgical treatments such as neurotoxins, dermal fillers, and thread lifts.

Visit us to see the results



Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



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Schedule Your Consultation

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Follow our online community

Follow @drmansidhendeplasticsurgeon on Instagram for more information, insightful updates and real patient before and after images.

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