



GRYSKIEWICZ

Twin Cities Cosmetic Surgery



ULTIMATE PROCEDURE GUIDE

MALE BREAST REDUCTION

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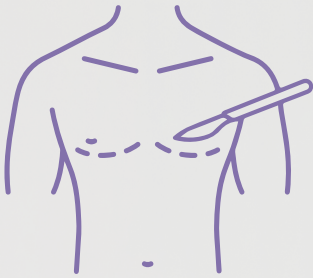
Your next steps



Male Breast Reduction explained

What is Male Breast Reduction?

Development of 'man boobs' is not uncommon. The condition is known by the term **Gynecomastia**, which means having over-developed, enlarged or fatty breast tissues.



It affects a number of men at different stages of their lifetimes and can sometimes be related to having an elevated body mass index (BMI), although this is not always the case.

When weight gain, lifestyle factors, genetic traits and hormonal fluctuations lead to a more 'feminine' chest appearance in males, Male Breast Reduction Surgery can effectively treat Gynecomastia.

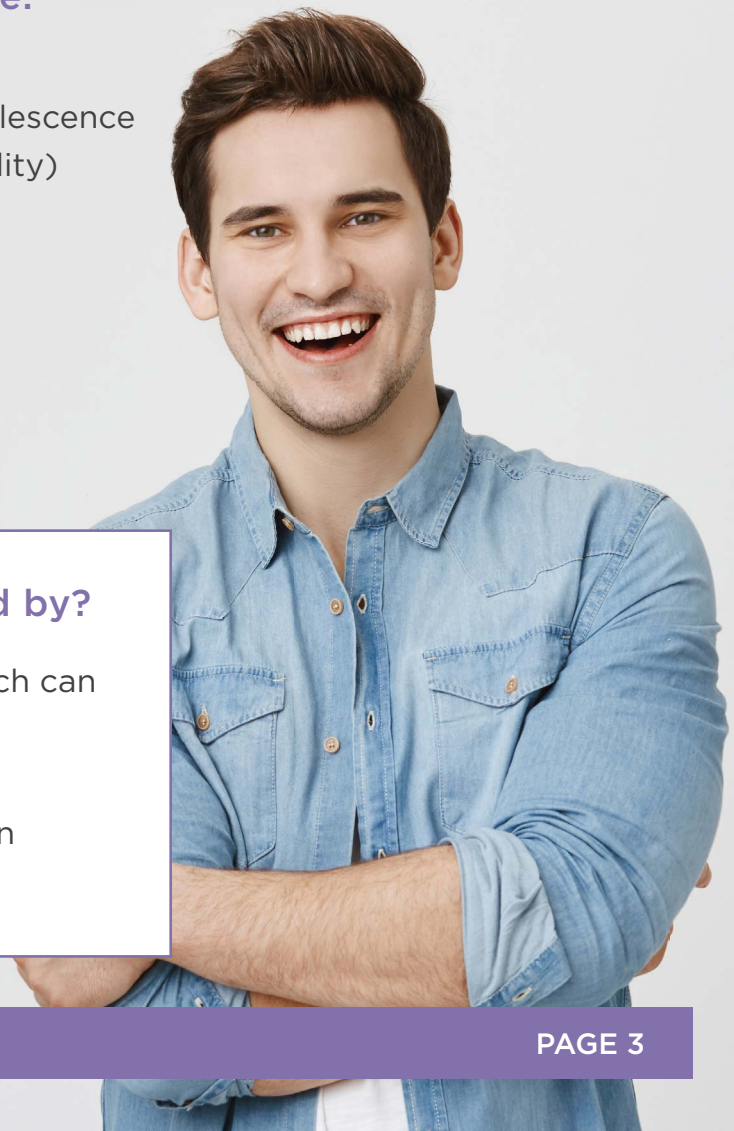
The aim of surgery is to reduce protruding breast tissue by removing sagging skin, excess fat and glandular tissues to restore a flatter, firmer contour to the chest area.

Causes of Gynecomastia may include:

- Obesity & weight fluctuations
- Hormonal changes that occur during adolescence
- Genetics (ethnicity or a genetic abnormality)
- Increased levels of estrogen
- Decreased levels of testosterone
- Androgen imbalances
- Chronic illnesses
- Supplements, soy products, medications
- Over-use of certain drugs

What is Gynecomastia characterized by?

- Excess localized fat in the chest area which can include the nipple area (puffy nipples)
- Excess glandular tissue development
- Excess breast skin, such as redundant skin following weight loss



Nipple Reduction Surgery explained



What is Nipple Reduction Surgery?

Nipple reduction is an effective treatment for large and prominent nipples in both women and men. Excessively large nipples can be a cause of loss of confidence in many patients often because of discomfort from rubbing on clothes or increased nipple visibility through certain types of clothing.

Nipple reshaping can reduce the height and width of your nipple, while still maintaining the sensation in the nipples.

In some cases, men may have areolas (the area surrounding the nipple) which are non circular in appearance or overly large, and wish to change the size or shape of them. Nipple Reduction Surgery can treat both nipple itself, the areola or both.

The nipple itself may:

- Visibly protrude
- Appear noticeably wide
- Be uneven in shape or asymmetrical

The areola may:

- Appear disproportionately large
- Be uneven or not round in shape
- Look “domed” or significantly raised compared to surrounding skin

Am I a good candidate?

Am I a good candidate for Male Breast Reduction?



- Male Breast Reduction surgery may be a good solution for men who would like to reduce the size and volume of their breast tissues.
- This procedure helps reduce excess breast fat and glandular tissue, reshapes or resizes the nipples, and restores a flatter, firmer chest appearance.
- Male Breast Reduction surgery is an increasingly sought-after solution for men who have problems with persistent gynecomastia which can often be a cause of embarrassment or self-consciousness for men of all ages.
- To be considered a suitable candidate for Male Breast Reduction, you must have realistic expectations about what surgery can achieve.

Common reasons for wanting Surgery

You may be exploring your surgical options for a breast and/or nipple reduction surgery if:

- You are unhappy with the size of your chest area.
- Your 'man boobs' cause you to feel self-conscious or embarrassed.
- You are afraid to take your shirt off in front of others due to the appearance of your chest area.
- You don't feel comfortable wearing fitted shirts or slimline clothing that shows your 'man boobs'.
- You have lost weight but have excess skin or fatty tissue in the chest area that you would like to reduce.
- Your nipples are overly prominent, wide or puffy.
- You are embarrassed by the appearance of your nipples, and may feel uncomfortable in swim wear or fitted clothing that shows your nipples.



The surgical process

Surgery checklist

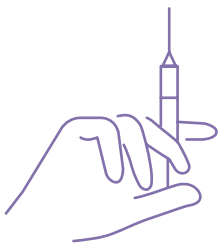
Before deciding on your Surgeon or proceeding with Surgery, there are a few important things you should consider:

- Is my preferred Surgeon a highly skilled, board certified Plastic Surgeon?
- Is my procedure going to be performed in a fully accredited Hospital or Surgery Center?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Male Breast Reduction surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing & able to undergo an initial recovery period of approximately 1-2 weeks?

The Male Breast Reduction surgical procedure

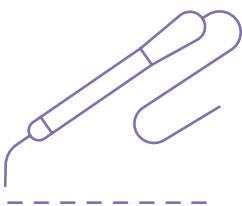
For men that do not see their gynecomastia improve on its own, or through medical treatments and lifestyle changes, surgical treatment may be the next viable solution.

The time taken to complete your procedure will depend on the surgical approach taken by your chosen Specialist Plastic Surgeon; typically this will be between 2-4 hours.



Anesthesia

Depending on the particular surgical approach for your chosen procedure, a local anesthetic or a general anesthetic will be administered for your comfort during your surgical procedure.

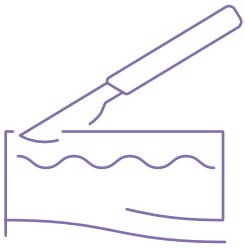


Power-assisted liposuction

- Depending on your needs and your chosen Specialist Plastic Surgeon's preferred technique, small incisions may be made along a portion of the edge of the areola or within the armpit.
- A thin tube (called a cannula) is inserted through the small incisions in the skin.
- Targeted fat deposits and/or glandular tissue are reduced and suctioned out through the cannula, at the same time sculpting a new chest contour that looks natural to your body.

The surgical process

Surgical excision



- Excision surgical techniques are typically recommended when glandular tissue or excess skin requires removal to correct Gynecomastia.
- Excisions may also be necessary if the areola area is being reduced and/or the nipple is being repositioned to a more natural contour.
- Incision methods will vary depending on the severity of the condition and whether the nipple needs to be resized or repositioned.
- Gyskiewicz Twin Cities Cosmetic Surgery are the only clinic in Minnesota who does not cut on the breast or nipple. We do the entire procedure through an inconspicuous incision on the rib cage or armpit area. If the areola is reduced (which is rare), then a donut incision needs to be made around the areola.
- The incision/s will be closed using dissolvable sutures (stitches).
- Excision techniques may be combined with liposuction in some cases to treat gynecomastia.

Recovery



- Typically, it takes around 1-2 weeks to make a full recovery following Male Breast Reduction Surgery. Recovery time will vary from patient to patient, and it is important not to rush your recovery and healing process.
- If only a small area was treated, you may find you are able to return to work within a few days. A larger treatment area will require a longer recovery time of around 7-10 days.
- Although you will be able to see some results immediately after your surgery, it can take up to 4-6 weeks for post-surgical swelling to resolve properly.

Our Surgeons customize Male Breast Reduction Surgery for each individual patient to suit their particular breast condition and the desired surgical outcomes. They will aim for a custom approach which will work best for attaining a natural, long-lasting result.

For more information on anything you've read so far, you can speak to a member of our team on **952.435.0177** or submit an enquiry via www.tcplasticsurgery.com.

Benefits of Male Breast Reduction



Benefits of Male Breast Reduction Surgery

An improved chest and/or nipple appearance

The most obvious benefit of Male Breast Reduction Surgery is the physical result: a smaller and firmer chest area that no longer protrudes.

For patients who opt for a Nipple Reduction, this procedure may help to achieve a more harmonious, physically pleasing chest appearance.

For individuals who have lost weight, but retained excess, drooping skin around their chest area, Gynecomastia Surgery may help your upper torso appear firmer or more balanced.

More clothing options

The appearance of protruding 'man boobs' or overly prominent nipples may have held you back from wearing the clothing you like.

Male Breast Reduction Surgery may help return the confidence to wear more fitted shirts, or to go without a shirt during summer. This can be a huge bonus during a hot summer.

Confidence

The physical improvements often achieved by Male Breast Reduction Surgery may help you feel more confident and self-assured about your chest area.

It is important to remember to have realistic expectations about your results, and to ask your Surgeon what can, and cannot, be accomplished through a breast reduction procedure.

That noted, feeling more confident about your chest appearance can help provide an improved quality of life in those areas that were being compromised by your concerns, such as when enlarged breasts were impacting your comfort or body confidence during intimacy,

Recovery and healing



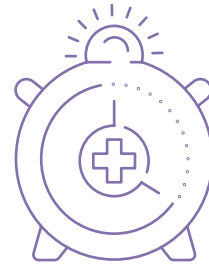
Post-operative recovery

The length of your recovery period will depend on your specific procedure and general health and lifestyle factors and will vary significantly from person to person. The general rule, however, is that you should allow 1-2 weeks for recovery following your surgery.

You will need to work with your Surgeon to allow for adequate and proper healing time. It is important to consult with your Surgeon before returning to daily activities such as driving and exercise.

It is also important to wear the post-op compression garments throughout your recovery period.

Good results depend on a collaborative approach and a healthy lifestyle. You will need to be willing to follow the specific instructions given to you by your Surgeon, and attend all post-operative consultations.



Maintaining results

It is important to work collaboratively with your Surgeon and to keep your expectations realistic. Everybody is unique and surgery results can vary from patient to patient.

Please keep in mind that your surgical results may be impacted by fluctuations in your weight, skin health or Body Mass Index (BMI). Medications/supplements may also impact results.

To maximize the longevity of your Male Breast Reduction Surgery results, it is important to maintain a healthy, nutritious and balanced lifestyle.

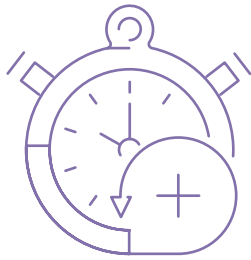
Frequently asked questions

How will I feel after my Gynecomastia Surgery?

Most surgery does involve discomfort or pain during the initial post-surgery healing periods. It can be difficult to predict the discomfort levels a patient will experience as there are so many variables to consider.

Discomfort after surgery is also partially subjective. Each patient has a unique perception or sensitivity to pain and discomfort. Fortunately, most pain during your recovery (particularly just following your Surgery) can be managed by closely following your Surgeon's recommendations and post-surgery instructions.

We aim to help you recover as quickly and comfortably as possible, and are happy to answer any of your surgery-related questions.



How soon after Surgery can I expect to see results?

Every patient is unique, but typically, you will be able to see results immediately after your surgery. However, it can usually take 4-6 weeks, or sometimes more, for any swelling to subside.

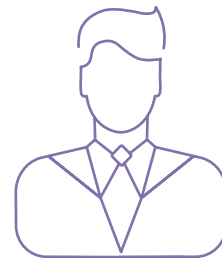
Therefore, you will have a better idea of your post-surgery results after your healing and recovery period is over.



What steps can be taken to minimize pain?

Our approach to recovery is to do whatever he can to get you back to your normal life as soon as possible. We call this the 'quick recovery approach' which will be discussed at your consultation.

Dr Joe and his team dedicated to keeping you as comfortable as possible during your pre-operative sessions, your procedure and your healing time following surgery.

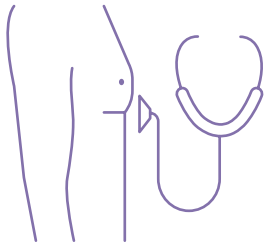


When can I return to work after Gynecomastia surgery?

The time needed to recover from surgery before returning to work or other daily activities, such as driving, often varies depending on your particular procedure and the type of work undertaken.

Typically, patients find they can return to work a couple of days following surgery. If your work is highly physically demanding, you may need to take 1-2 weeks off.

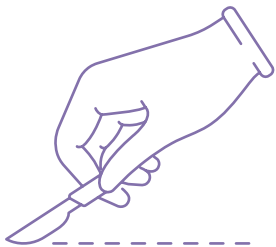
Frequently asked questions



How long will my Male Breast Reduction Surgery results last?

Male Breast Reduction Surgery has permanent effects - when fat cells are extracted, they are removed once and for all.

Although, to ensure your results last, and your other fat cells do not expand, it's important to maintain a healthy, balanced diet and exercise regime to avoid any major fluctuations in your BMI and skin health.



What can be done to minimize any post-surgery scars?

The appearance and level of scarring will vary depending on the incision technique used during your procedure. Following your post-operative instructions carefully and wearing your surgical tapes and garment, as advised by your Surgeon, will also help.

Be sure to talk to Dr Joe about the scar treatment techniques available and what level of scarring you can generally expect.

How much does Gynecomastia and/or Nipple Reduction cost?

The costs associated with surgery are determined according to the technique utilized, the complexity of the procedure, and the unique details of your treatment plan.

Following a consultation with Dr Joe, you will be provided with a personalized quote detailing the expenses of your gynecomastia treatment.



What can I expect at my initial consultation?

At your initial appointment with your Surgeon you will typically:

- Have a physical examination
- Have your photos taken
- See previous before & after photos
- Find out more about your recommended surgical options
- Receive detailed information about your surgery
- Go through the possible risks and complications associated with your procedure/s
- Find out about surgery pricing and available dates
- Have all of your questions answered

Choosing the right Surgeon

How to find the best Plastic Surgeon for you

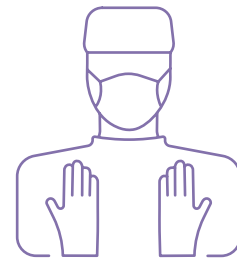
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's generally in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



Optimize your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in the US should always be your highest priority.

So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media. Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

About Dr. Joe Gryskiewicz



About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons **(FACS)**
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery **(ASAPS)**
- American Society of Plastic Surgeons **(ASPS)**
- International Society of Aesthetic Plastic Surgery **(ISAPS)**
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

Areas of expertise

Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

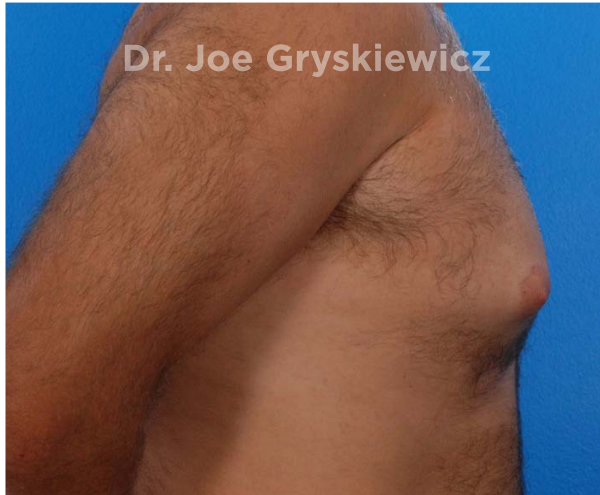
Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results



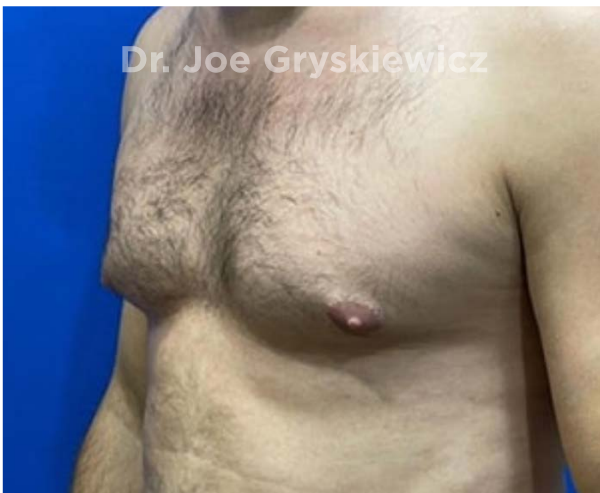
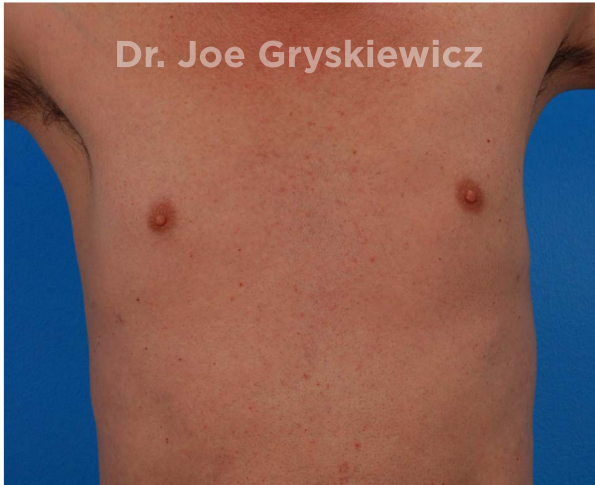
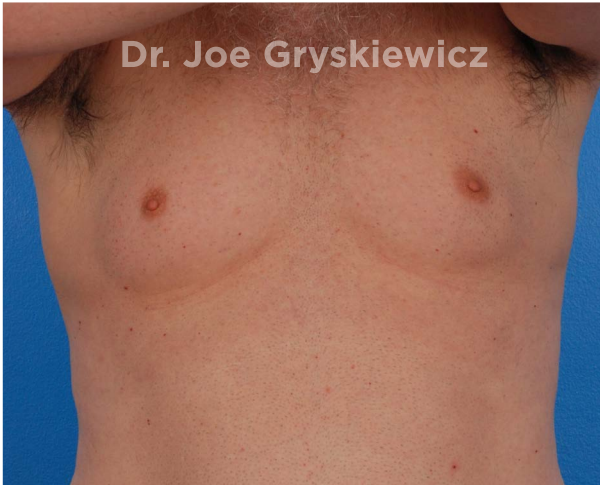
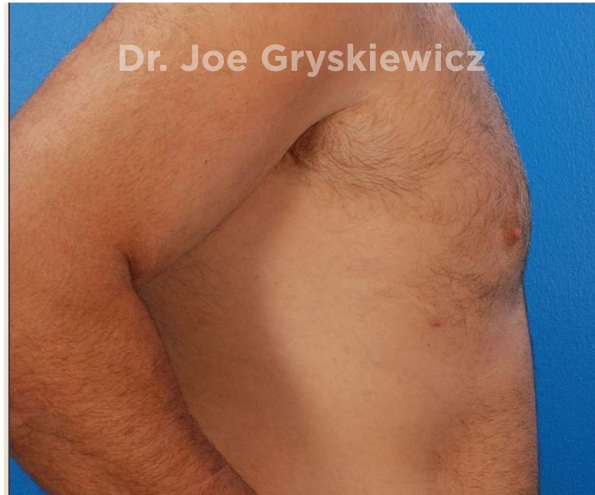
Before and afters

Male Breast Reduction Surgery

Before



After



Scan the QR code below to view more patient before and afters:



Your next steps...



Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



Edina: 952-295-3987
Burnsville: 952-800-3518



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

General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.