

## Gynecomastia Surgery

Many men experience a condition called gynecomastia, characterized by the enlargement of breast tissue. This can be a source of discomfort, self-consciousness, and negatively impact one's quality of life. Dr. Buğra İpek understands the sensitive nature of this condition and offers effective solutions through gynecomastia correction surgery.

### Understanding and Addressing Enlarged Male Breast Tissue

#### What is Gynecomastia?

Gynecomastia is the benign enlargement of breast tissue in males. It can be caused by a variety of factors, including:

- **Hormonal Imbalances:** Fluctuations in estrogen and testosterone levels, particularly during puberty, can trigger gynecomastia.
- **Medications:** Certain medications, such as some antidepressants, antibiotics, and anabolic steroids, can have gynecomastia as a side effect.
- **Medical Conditions:** Underlying health issues like kidney disease, liver disease, and thyroid disorders can sometimes contribute to breast enlargement.
- **Obesity:** Excess body fat can increase estrogen levels, leading to the development of breast tissue.
- **Aging:** Hormonal changes associated with aging can also play a role.
- **Idiopathic Gynecomastia:** In some cases, the exact cause of gynecomastia cannot be identified.

## Understanding the Impact of Gynecomastia

Regardless of the cause, gynecomastia can have a significant emotional and psychological impact on men. It can lead to:

- **Body Image Issues:** Feeling self-conscious about their chest appearance.
- **Social Anxiety:** Avoiding situations where their chest might be visible, such as swimming or changing rooms.
- **Reduced Self-Confidence:** Affecting overall self-esteem and well-being.

## Gynecomastia Correction Surgery: Your Solution

Gynecomastia correction surgery, also known as male breast reduction, is a safe and effective procedure designed to remove excess breast tissue, fat, and sometimes skin, to create a flatter, more masculine chest contour.

## Who is a Good Candidate for Gynecomastia Correction?

You may be a good candidate for gynecomastia correction if you:

- Are in good general health.
- Have realistic expectations about the outcome of the surgery.
- Are bothered by the appearance of your chest.
- Have had gynecomastia for a period of time and it has stabilized.
- Are not using drugs that may be causing your breast enlargement.



## The Gynecomastia Correction Procedure

The surgery is typically performed on an outpatient basis under general or local anesthesia with sedation. The specific techniques used will depend on the individual patient's anatomy and the extent of the gynecomastia. Common techniques include:

- **Liposuction:** If excess fat is the primary cause of the enlargement, liposuction can be used to remove the fat through small incisions.
- **Excision:** If there is significant glandular tissue or excess skin, it will be surgically removed through incisions. The location and length of the incisions will be determined to minimize visible scarring.
- **Combination of Liposuction and Excision:** Often, a combination of both techniques is used to achieve the best results.

## Recovery After Gynecomastia Correction

Following the surgery, you can expect some swelling, bruising, and discomfort. Pain medication can help manage any discomfort. A compression garment will typically be worn for several weeks to help reduce swelling and support the healing process. Most men can return to their normal activities within a few weeks, but strenuous exercise should be avoided for a longer period, as advised by your surgeon.

## Why Choose Dr. Buğra İpek for Gynecomastia Correction?

Dr. Buğra İpek is an experienced and skilled surgeon specializing in gynecomastia correction. We are committed to providing:

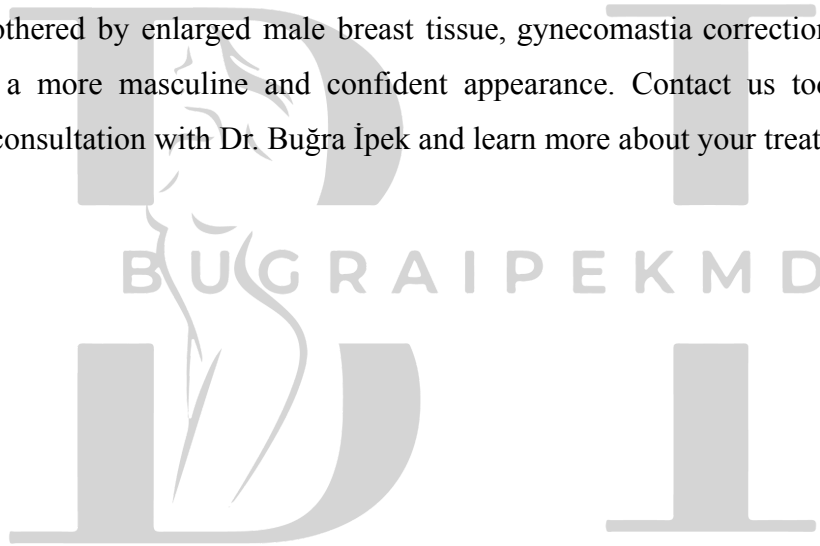
- **Personalized Consultation:** A thorough evaluation to understand your concerns and goals.
- **Customized Treatment Plans:** Tailored surgical approaches to achieve the best possible outcome for your individual needs.



- **State-of-the-Art Facilities:** A comfortable and safe environment for your surgery and recovery.
- **Comprehensive Aftercare:** Detailed instructions and ongoing support throughout your healing process.

### **Take the First Step Towards a More Confident You**

If you are bothered by enlarged male breast tissue, gynecomastia correction surgery can help you achieve a more masculine and confident appearance. Contact us today to schedule a confidential consultation with Dr. Buğra İpek and learn more about your treatment options.



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