

GYNECOMASTIA SURGERY



Dr. Rajat Gupta

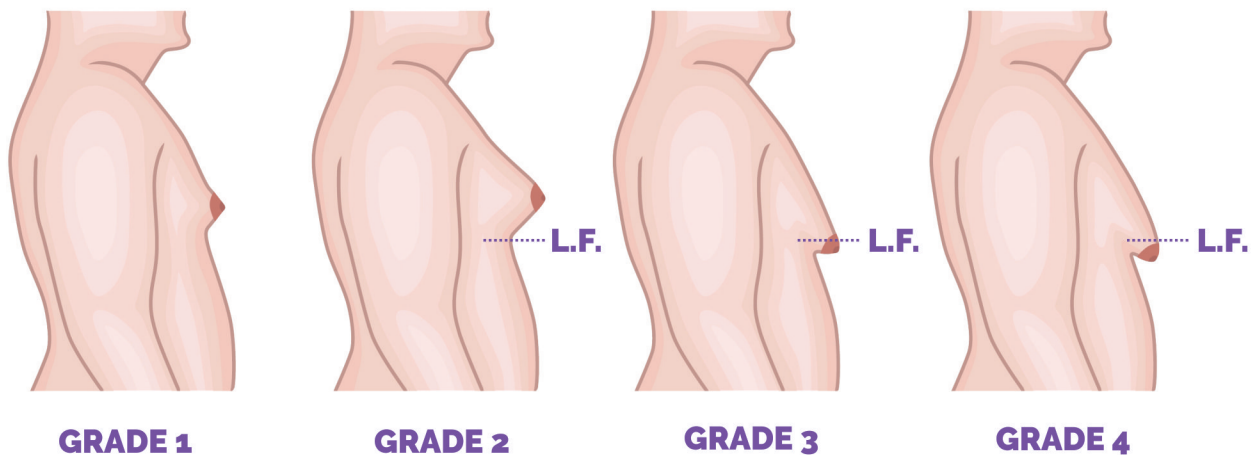
Board Certified Plastic
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What Is Gynecomastia Surgery?

Gynecomastia or male boobs is a condition that men all over the world face. In Gynecomastia, their breast tissue develops due to an adolescent hormonal imbalance.

Gynecomastia procedure is done if:

- If you are not comfortable to remove shirt in public, to swim, to participate in outdoor sports or gym
- If you want to improve your body contours
- If you want to build up your confidence



What Gynecomastia Surgery Can / Can't Do

✓ Can

- Remove excess breast gland and fat
- Make your chest flat and toned with no visible scarring on the front
- Boost your self-esteem
- Make your body look more proportionate
- Give you an athletic look

✓ Can't

- Create fully toned pectorals
- Prevent future fat collection
- Make your entire body look completely different

Procedure of Gynecomastia Surgery

- Gynecomastia surgery is performed under general or local anesthesia.
- The technique may differ for various types of Gynecomastia.
- Liposuction is performed to get rid of the excess fat in the male chest.
- Small incisions are made in the lateral chest wall, through which cannula is inserted.
- For gland removal, state of the art equipment MicroAire and VASER are used in combination to break the gland
- These glands are then removed through a very tiny incision on the side or lateral chest wall.

Recovery After Gynecomastia Surgery?



- Outpatient procedure
- You may have some swelling, bruising & discomfort in the first 24-48 hours. This is only temporary and diminishes as the recovery proceeds.
- You can start your daily routine work from next day after the surgery and can go for a walk etc.

- If you are on a desk job, you will be able to return to work 3 days post-op.
- Avoid sudden movements, lifting weights, etc., for approximately two week.
- Use compression garment for minimum 4 weeks after the surgery to maintain the contours achieved immediately after the surgery.
- By one month, bruising, discomfort and most swelling will disappear and you will feel "back to normal".
- And by 6-8 weeks, you can begin all types of physical activities, but only after the consent of your surgeon





About Dr. Rajat Gupta



Dr. Rajat Gupta is a gold-medallist, board-certified plastic surgeon in India. As the National Secretary of the Indian Association of Aesthetic Plastic Surgery (IAAPS), he has been accredited with consistently raising the standards of aesthetic surgery in the country.

He also consistently trains prospective plastic surgeons coming from all over the world to learn the finesse with which he performs every procedure, using refined cosmetic surgery techniques and technologies.

His clientele includes the who's who of the Indian film industry, alongside prominent politicians and several international patients.

Today, Dr. Gupta sports unparalleled expertise in cosmetic surgery with a keen eye for detail and an in-depth understanding of aesthetics.

To book an appointment,
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