

## △ GENERAL INFORMATION

*Gynecomastia* is the abnormal enlargement of one or both breasts in an adolescent male. This condition is fairly common in boys between the ages of 11 and 15 years. The cause is thought to be hormonal stimulation as a male goes through puberty.

## COMMON SIGNS AND SYMPTOMS

- The breast is noticeably enlarged under the nipple.
- It is smooth, rubbery, moves freely and is sometimes tender to the touch. It is not reddened or inflamed, and there is no discharge from the nipple.
- More often, only one breast is involved.

## DIAGNOSIS

- The appearance and the feel of the breast tissue are characteristic.
- Some boys are simply obese, and breast enlargement is caused by abundant, soft, fatty tissue in this area.
- All boys with gynecomastia should have their testicles examined to be certain that no tumor is present. Sometimes such tumors produce female hormones that cause the breasts to enlarge.
- There are some illnesses, medicines, or drugs, such as marijuana, that can produce enlargement of the breasts.

## ○ TREATMENT

- The problem of true gynecomastia sometimes corrects itself in a year or two, and one can wait to see what happens.
- Most often, however, an adolescent boy has an acute psychological and social concern about his appearance and peer acceptance.
- Under most circumstances, it is reasonable to remove the enlarged breast tissue to restore the adolescent's normal physique and self-image.

## PREOPERATIVE PREPARATION

- There will be a routine examination of the blood and urine.
- Do not eat or drink anything for 8 hours before the operation.

- You may be given some medicine that will make you feel drowsy before you are brought into the operating room.

## □ OPERATION

- The operation is easier and faster if it is done under general anesthesia, especially if both breasts are to be reduced.
- The incision usually is made in the dark part of the nipple so that it will barely show.
- The incision will be closed in a cosmetic manner with fine sutures.
- There may be an injection of local anesthetic in the skin around the incision to help with relief of postoperative pain.
- The operation generally takes about 1 hour.

## POSTOPERATIVE CARE

- You will wake up in a recovery room, and when your blood pressure, pulse, and breathing are stable and you are completely alert and tolerating liquids, you should be able to go home the same day with a responsible adult.
- Arrangements will be made for your pain medicine, follow-up office visit, and stitch removal.

## ⊕ HOME CARE

- Walk about and eat as you wish.
- You may shower if you wish and with any dressings on or off.
  - There may be narrow strips of tape across the incision. It's all right if they get wet; they will be removed in the doctor's office.
  - After you dry yourself, replace any dressings with clean, dry ones, if requested by your surgeon.
- You may return to school at any time.
- Avoid contact sports for 3 weeks.

## ☞ CALL OUR OFFICE IF

- The incision becomes red or swollen, or there is drainage from it.
- You develop a fever higher than 101°F.
- You have any questions.