Gynaecomastia (man breasts) Information Sheet

The treatment of gynaecomastia, or man breasts, can be bilateral (both sides) or unilateral (just one side). It can involve just liposuction, the surgical removal of tissue, or a mixture of both.

Gynaecomastia can occur with the advent of puberty, or can be from weight gain. There are several grades, and the treatment you will require is dependent upon which grade you fit into.

The tissue will be removed, and afterwards a garment may need to be worn for several weeks.

You will achieve a normal chest contour that will no longer cause you embarrassment, allow you to go shirtless, and have your confidence returning.

Reviewed October 2017.