

Innovative Approaches For Gynecomastia Surgery

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Purpose:

The importance of male body image has been on the rise for recent years. A flat anterior chest with enlargement of pectoralis major is desirable. However, the protruding breast tissue with fat deposition so called "Gynecomastia" looks feminine.

Gynecomastia is the most common benign breast disease in males with an increasing prevalence in recent years. Conventional open surgery has been used for treating gynecomastia with some complications such as nipple necrosis, breast deformity, hypoesthesia and noticeable scar. Vacuum-assisted biopsy systems showed significant advantages in the breast benign tumor diagnosis with the minimal invasive technique and sonographic guidance. Our report showed the effectiveness of treating vacuum-assisted breast biopsy systems for patients with gynecomastia compare to conventional open surgery with better cosmetic and satisfying outcomes.

Materials and Methods:

We retrospectively reviewed patients with gynecomastia. The vacuum-assisted breast biopsy systems (Encor) with liposuction were performed for the patients with gynecomastia in patients. Peri-areola mastectomy with power assistant liposuction were performed for the patients with gynecomastia in another group patients. The efficacy, safety, complications, and patient satisfactions were recorded during postoperative follow-up periods

Results:

Compared with the peri-areola mastectomy with liposuction, the Encor with po liposuction had less scar site after the operation. Patients in vacuum-assisted breast biopsy group had a better cosmetic outcome than traditional methods. In addition, no serious complications were observed in vacuum-assisted breast biopsy group. All the patients recovered well and were satisfied with the cosmetic outcomes.

Conclusion:

The vacuum-assisted breast biopsy system with liposuction can be used as minimally invasive method to treat gynecomastia.