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It's equally interesting to hear the story of a doctor focusing on male breast reduction and how he had large "breasts" back in his teen years. He said his tailor would comment how chesty he looked in his suit. At some point, this doctor saw just how participating in sports can come to be fearsome as other kids would taunt him because of his bouncing or sagging chest.

Just like this doctor, other men suffer the stigma of having enlarged breasts, a condition called gynecomastia. It is a medical case that affects two-thirds of pubescent boys and about half of adult men. Usually, the enlarged breasts of pubescent boys are results of hormonal imbalance, which typically disappears in a matter of months.

But for males who still have extraordinarily large breasts, their predicament might come to be permanent. The reason for this is that older males have lower testosterone levels and gain more weight. An additional condition called pseudogynecomastia is caused by the deposit of fatty tissue under the breast. This fatty tissue can sometimes house a small amount of estrogen that further fuels male breast enlargement.

Mental Stress and Health Indications. Aside from appearing physically strangeâ€”because large breasts are associated with ladiesâ€”several men see themselves as "freaks" because of their condition. Some males attempt to conceal their condition by not going to the beach or pool parties, putting on baggy clothes or athletic tape, or never going out shirtless. In addition, having big breasts could suggest other health conditions like having reduced levels of testosterone, genetic abnormality, overactive thyroid, or probable breast cancer. As a result, talking to a board-certified Tampa plastic surgeon is a good way of determining how to carefully rebuild a man's enlarged breasts.

Getting Breast Reduction Done. Male breast reduction is the process of removing excess fat or breast tissue through different methods. The liposuction method uses a cannula to pull out out fats or tissues, while an excision method makes use of a knife to cut under the breast and a syringe to drain fats or tissues. These operations are only done by a certified plastic surgeon Tampa patients prefer under local or general anesthesia. The surgical treatment can be performed in about an hour or two with bandages placed on the man's chest for about a week.

After seven days, the stitches can be removed for post-surgery analysis. Even though pains such as tenderness and swelling could be experienced temporarily, they can be treated by medications recommended by Tampa plastic surgeons. Depending on the person's condition, he can return to his day-to-day activities in a week after the surgeryâ€”although vigorous activities must be avoided for the first six weeks after the surgery.

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