Abstract

Background: Gynecomastia is common among men. Pseudogynecomastia, caused by an increased subcutaneous fat in the mammary area, can be confused with gynecomastia. Aim: To report the experience with the surgical treatment of both. Material and Methods: Review of medical records of 106 patients, aged 15 to 50 years, operated. Results: Thirty two percent of patients had a pure gynecomastia, 30% had pseudogynecomastia, and 39% had both conditions. All were mild or moderate. A mastectomy plus liposuction was performed in 50% of patients, solely mastectomy in 26% and solely liposuction in 23%. Four percent had surgical complications such as hematomas or ecchymoses. Conclusions: The surgical treatment of gynecomastia requires liposuction in most patients to achieve a good result.

Keywords
Gynecomastia, liposuction, pseudogynecomastia