



## Male breast reduction

Gynaecomastia (sometimes referred to as “man boobs”) is a condition in men that can stem from hormonal or weight issues and cause an excess of breast tissue, creating a more prominent appearance in the chest or loose and sagging skin.

## Your needs and expectations are at the forefront of our cosmetic treatments

The appearance of breasts in men can be understandably distressing for some people and leave you feeling self-conscious. If you are affected by Gynaecomastia and haven't been able to reduce the appearance through diet and exercise, you may choose surgical treatment to remove the excess tissue and flatten the chest area. We work with Consultants who will work with you to find the best option for your needs and provide you with the support and advice to make a decision that's right for you.

## Prices & payment

We offer a guide price of:

Male breast reduction  
£4,220 - £6,950

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## Consultants



Mr Mohsin Dani

[View profile](#)



Mr Haresh Devalia

[View profile](#)



Mr Oliver Harley

[View profile](#)



Miss Delilah Hassanally

[View profile](#)



Mr Siva Kumar

[View profile](#)



Mr Simon Mackey

[View profile](#)

## FAQs

### What does male breast reduction surgery involve?

Male breast reduction surgery is performed under general anaesthetic, so you will be asleep during the treatment. Your Consultant will create an incision around the areola or underneath the arm to remove the excess fatty tissue. Depending on the amount of excess tissue, liposuction may be utilised to remove larger quantities and your Consultant may need to make additional incisions to remove excess skin. They will discuss this with you during your consultation, so you know exactly what to expect from your treatment.

### Where will my surgery take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

### How long will I need to stay in hospital?

Your Consultant may advise that you stay in hospital overnight following your treatment to ensure that you rest as much as possible before you go home. They will discuss this with you before you come in.

### What is the recovery period?

You will likely experience some swelling and discomfort following surgery, although we will help you manage this via pain medication and bandages to support your chest. Whilst recovery time will vary from patient to patient, we would advise that you do not exercise or do any strenuous activity for several weeks. Your Consultant will advise you further around aftercare during your consultation.