

Information leaflet for people who are considering undergoing treatment for gynaecomastia.

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about how breast formation in men can be resolved: why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result, and lastly, the complications and risks that may arise. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

Why and when

Breast formation in men can occur right from puberty, but also later in life. There are many causes, such as normal hormonal stimulation resulting in breast formation, but also obesity, a combination of these factors, or entirely different causes. If the cause is not clear, the plastic surgeon will first refer you to an internal medicine specialist to rule out any underlying causes of the condition. Most often the cause is attributed to a 'normal' event caused by normal hormonal stimulation resulting in the formation of breast tissue and a localised accumulation of fatty tissue. Breast formation in men is often considered very inconvenient: it significantly impedes social behaviour in a large number of sports and also in private situations.

If you experience the problems listed above and this bothers you, then this can form a good reason to consider treatment. The problem can often be resolved by means of liposuction and the removal of breast tissue via a small incision in the areola.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes and complaints. He/she will examine your breast formation and discuss with you whether your problem can be resolved to your satisfaction. Next, your questions will be answered and you will receive the most detailed possible information about the preparation, the procedure, the expected result and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea.

If the surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. If you wish, you can be referred to a colleague for a second opinion.

Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. In addition, you attended a pre-operative screening with the anaesthesiology assistant several weeks prior to your surgery, in which your health and the medication policy were discussed. This included a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.

- **Submit the signed Informed Consent Form:**

You will receive this form once your surgery has been scheduled.

- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery.

NAIL VARNISH POLICY

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics. This does not apply to prescription amphetamine use for AD(H)D.
- The same rules as for smoking apply to cannabis.

FASTING POLICY

Please refer to the anaesthesiology leaflet for the fasting policy.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Non-sterile gauze

The surgery

- Your chest hair (if present) will be shaved off just before the surgery.
- Next, the plastic surgeon will mark the area of breast formation on your chest wall where he will remove the fat and breast tissue.
- The surgical field will then be disinfected and covered with sterile drapes.
- A small suction tube is inserted via a small incision of about half a centimetre in the chest wall.
- This suction tube is connected to a powerful suction pump. The surgeon makes back-and-forth movements in the area requiring treatment, removing the excess fatty tissue and breast tissue in a controlled manner.
- Once the desired result has been achieved, the incisions are sutured.
- If breast tissue remains palpable under the nipple, then a small incision is made around the nipple to remove the remaining breast tissue. This wound is then also sutured.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

You will experience some pain after any procedure. This is normal. Most men do not consider the procedure very painful. The pain will decrease over the course of a few days. The treated area may be swollen and you may develop some bruising. This usually disappears of its own accord after about two to six weeks. You can take the prescribed pain medication for this pain. Please contact the number +31 (0)88 9000535 if the pain medication is not sufficient or if the pain increases.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side
- Shower on a daily basis at home
- Use non-sterile gauze for any oozing of the wound
- Mobilise according to the pain, listen to your body
- Increase your activities further each day
- You can start driving and cycling 2 weeks after surgery (this depends on your healthcare insurance company)
- Sauna, bath, swimming pool and exercise after 6 weeks.

You will wear a pressure belt around your chest after the surgery.

You should wear these:

- Day and night during the first 2 weeks
- During the day in weeks 3 and 4
- As required in weeks 5 and 6

You will need to use SPF 30 sun cream to protect the scars against the sun during the first year. Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

You will notice a visible effect of the procedure almost immediately after the procedure. The definitive final result can usually be determined after three months. The breast formation has disappeared or is significantly reduced and this has resulted in the desired improvement; perfection cannot always be achieved. It can be quite difficult to achieve a symmetrical result. An additional liposuction or liposculpture procedure may be required.

Most men are satisfied with the result of the procedure. In some cases, the result is inadequate due to remaining local fat accumulation or remaining breast tissue. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention on your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur.

- There is a risk of more than normal bruising after the procedure, although this hardly ever happens. The bruising will disappear of its own accord over the course of a few weeks.
- Infection of the treated area is a very rare complication. If you start to feel ill, develop a fever or the treated area becomes red, looks swollen, feels extra warm or becomes painful to the touch, then you should contact the clinic.
- Residual swelling and hardening can sometimes be present and may only resolve after weeks or even months.
- The sensation in the skin of the treated area and near the scars is often reduced or absent. This generally does not cause problems. The sensation often recovers partially over the course of the years.
- It is not possible to guarantee a one-hundred-percent identical (symmetrical) result, because the human body is not symmetrical and 100% symmetry can never be achieved.
- Sometimes a small amount of local fat accumulation and/or breast tissue will remain, which can be resolved with an additional liposculpting procedure.
- In very rare cases, an allergic reaction to the anaesthetic may occur.

Always contact us after surgery in the following cases:

- Significantly increased swelling of the wound or the surgical area
- Pain, if the pain medication does not help or the pain even increases
- Redness and swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)
- Persistent nausea
- Acute tightness across the chest
- Acute pain in the leg, possibly with swelling
- Being unable to urinate, whilst drinking normal quantities
- Concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant. If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure. In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and result of your treatment.