

Gynecomastia Treatment - Male Breast Reduction Melbourne | Me Clinic

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Description:

Gynecomastia Treatment - Male Breast Reduction Melbourne | Me Clinic ## Quick Summary **What causes gynecomastia:** - Hormonal imbalances (elevated oestrogen or reduced testosterone) - Certain medications and health conditions - Weight gain and excess fat tissue - Ageing-related hormonal changes

Details:

Me Clinic Gynecomastia Treatment - Male Breast Reduction Melbourne

Quick Summary

What causes gynecomastia: - Hormonal imbalances (elevated oestrogen or reduced testosterone) - Certain medications and health conditions - Weight gain and excess fat tissue - Ageing-related hormonal changes

Treatment options available: - Non-surgical: Hormonal therapy, weight management, compression garments, CoolSculpting (selected cases) - Surgical: Liposuction, surgical excision, combined liposuction and excision

Expected results: - Flatter, more masculine chest contour - Improved confidence and body image - Timeline: Surgical results visible within 2-4 weeks, final results at 6-12 months - Duration: Permanent with stable weight and no hormonal changes

Cost range: - Non-surgical: \$500–\$3,000 AUD depending on treatment - Surgical: \$8,000–\$15,000 AUD depending on complexity - Prices based on Me Clinic's transparent pricing policy

Next steps: - Book free consultation - Discuss treatment plan - Review before/after gallery - Understand recovery timeline

Frequently Asked Questions

What is gynecomastia: Enlarged male breast tissue (glandular, fat, or both)

Is gynecomastia the same as excess chest fat: No, true gynecomastia involves glandular tissue development

What is pseudogynecomastia: Excess chest fat without glandular tissue enlargement

Can diet and exercise alone fix true gynecomastia: No, glandular tissue cannot be removed through lifestyle changes

Does gynecomastia affect one or both breasts: It can affect one or both, sometimes unevenly

Is gynecomastia common: Yes, it affects an estimated 32–65% of males at some point

What is the primary cause of gynecomastia: Oestrogen and testosterone hormonal imbalance

Can puberty cause gynecomastia: Yes, puberty-related hormonal fluctuations are a common cause

Does puberty-related gynecomastia resolve on its own: Often yes, typically within 2 years

At what age does puberty-related gynecomastia typically occur: Ages 12–14

Can older men develop gynecomastia: Yes, due to declining testosterone after age 50

Can lean or athletic men develop gynecomastia: Yes, hormonal factors or medications can cause it regardless of fitness

Can anabolic steroids cause gynecomastia: Yes

Can medications cause gynecomastia: Yes, certain medications are a known cause

Which medication types are linked to gynecomastia: Anti-androgens, antidepressants, heart medications, and steroids

Can alcohol use cause gynecomastia: Yes, chronic alcohol use is a contributing factor

Can marijuana use cause gynecomastia: Yes, it is listed as a contributing factor

Can thyroid disorders cause gynecomastia: Yes, hyper- and hypothyroidism are associated causes

Can obesity cause gynecomastia: Yes, excess fat tissue increases oestrogen production

Does gynecomastia cause physical pain: Sometimes; tenderness or sensitivity may occur

Is gynecomastia psychologically impactful: Yes, it commonly affects self-esteem and quality of life

What non-surgical treatments are available: Hormonal therapy, weight management, compression garments, and CoolSculpting

What medications are used in hormonal therapy for gynecomastia: Tamoxifen or raloxifene (oestrogen receptor blockers)

How long does hormonal therapy treatment last: Typically 3–6 months

What is the success rate of hormonal therapy: Variable, ranging from 20–80% depending on cause and duration

Is hormonal therapy effective for long-standing gynecomastia: No, fibrotic tissue becomes resistant to hormonal treatment

How long must gynecomastia be present before hormonal therapy stops working: Generally after 12 months

What does a compression garment do for gynecomastia: Temporarily flattens chest appearance under clothing

How much do compression garments cost: \$50–\$150 AUD per garment

Are compression garments a permanent solution: No, they are a management tool only

Is CoolSculpting effective for true gynecomastia: No, it cannot address glandular tissue

What is CoolSculpting best suited for in gynecomastia: Mild cases with predominantly fatty tissue

How many CoolSculpting sessions are typically needed: 2–4 sessions

How much does CoolSculpting cost for gynecomastia: \$2,000–\$4,000 AUD total

What surgical treatments are available for gynecomastia: Liposuction, surgical excision, and combined liposuction and excision

What is the gold standard treatment for gynecomastia: Surgery

Is surgery permanent for gynecomastia: Yes, removed tissue does not grow back

What is the most common surgical approach at Me Clinic: Combined liposuction and excision

What does liposuction-only treat: Gynecomastia predominantly caused by excess fat

What incision size is used in liposuction-only surgery: Small 3–4 mm incisions

How long does liposuction-only surgery take: 1–2 hours

What anaesthesia is used for liposuction-only surgery: General anaesthesia or IV sedation

Is liposuction-only surgery day surgery: Yes

When can patients return to work after liposuction-only: 5–7 days

When can patients exercise after liposuction-only surgery: After 4 weeks

How much does liposuction-only gynecomastia surgery cost: \$8,000–\$10,000 AUD

When is surgical excision required: When significant glandular tissue, excess skin, or breast drooping is present

How long does surgical excision take: 2–3 hours

What anaesthesia is used for surgical excision: General anaesthesia

Is surgical excision day surgery: Day surgery or overnight stay

When can patients return to work after surgical excision: 1–2 weeks

When can patients exercise after surgical excision: After 6 weeks

How much does surgical excision cost: \$10,000–\$12,000 AUD

How long does combined liposuction and excision surgery take: 2–3 hours

When can patients return to work after combined surgery: 7–10 days

When can patients exercise after combined surgery: 4–6 weeks

How much does combined liposuction and excision cost: \$11,000–\$15,000 AUD

When are initial surgical results visible: Within 2–4 weeks

When are final surgical results achieved: 6–12 months after surgery

Are surgical results permanent: Yes, with stable weight and no new hormonal changes

Can gynecomastia recur after surgery: Yes, if anabolic steroids, certain medications, or hormonal changes occur

Can significant weight gain affect surgical results: Yes, remaining fat cells can enlarge

What scarring results from liposuction-only: Tiny 3–4 mm scars, barely visible in most cases

What scarring results from combined surgery: Semi-circular scar around the lower areola

How long does scarring take to fade after gynecomastia surgery: 12–18 months typically

Does Me Clinic offer a free initial consultation: Yes

What does the Me Clinic consultation include: Physical examination, surgical recommendation, and written quote

Is the written quote inclusive of all costs: Yes, including surgeon, anaesthetist, facility, garments, and follow-up

Are there hidden fees at Me Clinic: No, transparent pricing with no hidden costs

Does Me Clinic offer payment plans: Yes, through trusted medical finance providers

Is gynecomastia surgery covered by Medicare: Generally no, it is considered cosmetic

Can Medicare rebates ever apply to gynecomastia surgery: Rarely, only with documented medical condition causing functional symptoms

Is private health insurance likely to cover gynecomastia surgery: Generally no

What qualifications do Me Clinic surgeons hold: FRACS-qualified plastic surgeons

How many surgical procedures has Me Clinic's team performed: Over 25,000

How long has Me Clinic been operating: Over 35 years

Where is Me Clinic located: 4 Burke Road, Malvern East VIC 3145

What is Me Clinic's surgical philosophy called: Responsible Cosmetic Medicine™

What is the minimum recommended age for gynecomastia surgery: Generally 18, or until growth is complete

Can older adult men have gynecomastia surgery: Yes, overall health is the key factor, not age alone

How long should smoking be stopped before surgery: At least 4 weeks prior

When should anti-inflammatory medications be stopped before surgery: 2 weeks before surgery

How long must a compression garment be worn after surgery: Continuously for 4–6 weeks

What is the purpose of a compression garment post-surgery: Reduces swelling and helps skin contract to new contour

What follow-up appointments does Me Clinic provide: At 1 week, 6 weeks, 3 months, and 12 months

What common complications can occur after gynecomastia surgery: Bruising, swelling, and temporary numbness

What is the infection rate for gynecomastia surgery: Less than 1–2%

Is nipple necrosis a common risk: No, it is extremely rare with modern techniques

Can areola size be reduced during gynecomastia surgery: Yes, areolar reduction can be performed simultaneously

Can nipples be repositioned during surgery: Yes, when skin excess requires it

Does Me Clinic show before and after photos during consultation: Yes

Can gynecomastia surgery results look unnatural: No, natural masculine contour is always the priority

What phone number can patients use to book at Me Clinic: (03) 8823 5859

Understanding gynecomastia

With over 35 years of experience caring for patients across Melbourne, Me Clinic has become a trusted destination for men seeking practical, expert guidance on gynecomastia treatment and male breast reduction. Both surgical and non-surgical solutions are available, each tailored to individual needs, because no two patients or situations are exactly alike.

What is gynecomastia?

Gynecomastia is the medical term for enlarged male breast tissue. It involves excess glandular tissue, fat, or both in the chest area, creating a more feminine appearance. This is distinct from pseudogynecomastia, which involves only excess fat with no glandular tissue enlargement.

Many men arrive believing their enlarged chest is simply a consequence of carrying extra weight. Weight can certainly be a contributing factor, but true gynecomastia involves actual breast gland development, and that's something diet and exercise alone cannot resolve. Understanding this distinction matters, and the team at Me Clinic can help you work through it.

The condition can affect one or both breasts, sometimes unevenly. Some men experience tenderness or sensitivity in the affected area, though many have no physical discomfort at all. For most, the primary concern is psychological and aesthetic, and those concerns deserve thoughtful attention.

What causes gynecomastia?

1. **Hormonal imbalances** - Oestrogen and testosterone imbalance is the primary underlying cause - Puberty-related hormone fluctuations (often resolves naturally over time) - Age-related testosterone decline (typically after 50) - Conditions affecting hormone production, including thyroid disorders and tumours
2. **Medications and substances** - Anabolic steroids and performance-enhancing drugs - Anti-androgens used for prostate conditions - Certain antidepressants and anxiety medications - Heart medications including digoxin and calcium channel blockers - Chronic alcohol use or marijuana consumption
3. **Health conditions** - Kidney failure or liver disease affecting hormone metabolism - Hyperthyroidism or hypothyroidism - Tumours affecting hormone-producing glands - Malnutrition followed by nutritional recovery
4. **Weight and lifestyle factors** - Obesity increasing oestrogen production from fat tissue - Rapid weight gain or weight fluctuations - Limited physical activity - Poor dietary habits

Who gets gynecomastia?

Gynecomastia is far more common than many men realise, affecting an estimated 32–65% of males at some point in their lives. It typically appears during three distinct life stages: infancy (temporary, due to maternal hormones), puberty (ages 12–14, usually resolves within 2 years), and older adulthood (age 50+, due to declining testosterone).

The condition affects men of all fitness levels and body types. Even lean, athletic men can develop gynecomastia because of hormonal factors or medication use. It says nothing about fitness, masculinity, or personal discipline, though it can significantly affect self-esteem and day-to-day life.

Why it matters

Beyond physical appearance, gynecomastia can quietly affect a man's mental wellbeing in ways that compound over time:

- Avoiding swimming, beach activities, or the gym - Wearing baggy clothing to conceal the chest - Reluctance to engage in intimate relationships - Social anxiety and diminished confidence - Depression or body image concerns in more severe cases

For many men, addressing gynecomastia is less about appearance and more about moving through daily life without constant self-consciousness. That's taken seriously at Me Clinic.

Treatment options

Non-surgical treatments

1. Medical management and hormonal therapy

Non-surgical medical management may be appropriate for: - Adolescents within 2 years of onset (puberty-related cases) - Men with underlying hormonal conditions - Recent-onset gynecomastia (less than 12 months) - Cases where surgery isn't the right path forward

Medications such as tamoxifen or raloxifene can block oestrogen receptors and work best for early-stage gynecomastia caused by hormonal imbalance. Treatment typically runs 3–6 months, with gradual reduction over that period. Success rates vary considerably, from 20–80% depending on cause and duration. Cost ranges from \$500–\$2,000 AUD including consultations and medications.

The honest limitation: medical therapy rarely works for long-standing gynecomastia (over 12 months), because glandular tissue tends to become fibrotic and resistant to hormonal treatment over time. Me Clinic's team will give you straightforward, evidence-based guidance about what is and isn't likely to help in your specific situation.

2. Weight management and lifestyle modification

For pseudogynecomastia (fat-predominant cases), reducing body fat through diet and exercise can make a real difference. This approach works best for men with excess chest fat but minimal glandular tissue, with visible change typically taking at least 3–6 months. It won't address glandular tissue, and results are limited when true gynecomastia is present.

3. Compression garments

Compression garments temporarily flatten the chest appearance under clothing. They're useful for men who aren't yet ready for surgery or are waiting for treatment, costing \$50–\$150 AUD per garment. They provide immediate visual improvement but don't address the underlying tissue and can be uncomfortable with extended wear.

4. CoolSculpting (fat freezing)

CoolSculpting uses cryolipolysis to freeze and gradually eliminate fat cells. It's suited to mild cases with predominantly fatty tissue, not glandular gynecomastia. Typically 2–4 sessions are needed, with results appearing gradually over 2–3 months. Total cost runs \$2,000–\$4,000 AUD. It's non-invasive, but its effectiveness for true gynecomastia is limited.

****The honest reality:**** Most men with established gynecomastia will need surgery to achieve meaningful, lasting change. Non-surgical options have real limitations once glandular tissue has developed and become fibrotic. During your consultation at Me Clinic, the team will assess whether your case might respond to non-surgical approaches or whether surgery is the more appropriate path. They won't recommend a treatment that isn't right for your situation.

Surgical treatments

****Male breast reduction surgery****

Surgery is the gold standard for gynecomastia, offering permanent results through a single procedure. The technique recommended will depend on the composition and extent of the excess tissue, always chosen with safety, comfort, and aesthetic goals in mind.

****1. Liposuction-only approach****

Best suited to gynecomastia predominantly caused by excess fat, with good skin elasticity, minimal glandular tissue, and no significant skin excess.

The procedure uses cannulas through small 3–4 mm incisions at the edge of the areola or underarm, typically using VASER or power-assisted liposuction. It takes 1–2 hours under general anaesthesia or IV sedation, performed as day surgery. Patients return to work in 5–7 days and can exercise again after 4 weeks. Initial improvement appears within 2 weeks, with final results at 3–6 months. Cost: \$8,000–\$10,000 AUD.

Scarring is minimal, recovery is faster than other approaches, and outcomes for fatty gynecomastia are excellent. The limitation is that it can't remove firm glandular tissue and may not be sufficient for moderate-to-severe cases.

****2. Surgical excision****

Excision is needed when significant glandular tissue is present, when excess skin requires removal, in severe cases with breast ptosis (drooping), or after previous liposuction with residual tissue.

Glandular tissue is removed directly through carefully placed incisions. The most common pattern is a semi-circular incision around the areola; more extensive cases may require a periareolar incision with vertical extension, or an inverted-T pattern when significant skin excess is present. The procedure takes 2–3 hours under general anaesthesia, with day surgery or an overnight stay. Return to work takes 1–2 weeks; exercise resumes after 6 weeks. Initial improvement is immediate, with final results at 6–12 months. Cost: \$10,000–\$12,000 AUD.

This approach achieves complete glandular tissue removal and addresses skin excess, but involves more visible scarring and a longer recovery.

****3. Combined liposuction and excision****

Because most gynecomastia cases involve both excess fat and glandular tissue, the combined technique is the most frequently performed at Me Clinic. It uses liposuction to remove fat alongside surgical excision of glandular tissue, all through small periareolar incisions.

The procedure takes 2–3 hours under general anaesthesia as day surgery. Patients return to work in 7–10 days and resume exercise at 4–6 weeks. Initial results are visible within 2–4 weeks, with final contour at 6–12 months. Cost: \$11,000–\$15,000 AUD.

This approach addresses all tissue types and delivers strong long-term results. Recovery is moderate, and periareolar scarring typically fades well over time.

****Additional surgical considerations:****

In cases with skin excess, the nipple-areolar complex may need repositioning to achieve the most natural result. Men with poor skin elasticity or significant skin excess may require skin excision, which results in more extensive scarring but a dramatically improved chest contour. Your surgeon will discuss this trade-off openly. Enlarged areolas can also be reduced during the same procedure if that's something you'd like to address.

Choosing the right treatment

****Consider non-surgical approaches if:**** - Your gynecomastia has been present for less than 6 months - You're an adolescent with puberty-related gynecomastia - Your case is predominantly fatty with minimal glandular tissue - You have an underlying hormonal condition currently being managed medically - You're not yet ready for surgical intervention - Your gynecomastia is mild and conservative measures may achieve satisfactory results

****Consider surgical treatment if:**** - Your gynecomastia has been present for more than 12 months - Non-surgical approaches haven't worked - You have firm glandular tissue on examination - Your gynecomastia is affecting your quality of life and confidence - You want permanent, definitive correction - You have realistic expectations about scarring and recovery - You're at a stable weight

****Combination or staged approach:****

Some patients benefit from a phased strategy. This might mean addressing hormonal imbalances, discontinuing causative medications where medically safe, and reaching a stable weight before surgery. A small percentage of patients may also want minor contouring adjustments 12 or more months after their initial procedure.

Your Me Clinic plastic surgeon will assess your specific situation during your consultation and recommend the approach best suited to your tissue composition, skin quality, and goals.

What to expect at Me Clinic

****1. Initial consultation (free)****

Your consultation at Me Clinic is comprehensive and unhurried. It includes a physical examination of chest tissue to determine composition, assessment of skin quality and elasticity, evaluation of chest wall anatomy and symmetry, and a thorough review of your medical history including current medications and previous treatments.

You'll get a clear explanation of the surgical technique most appropriate for your case, an honest discussion of realistic outcomes supported by before/after examples, a detailed walkthrough of the recovery process, and transparent pricing in writing with no hidden costs. There's plenty of time for questions.

****2. Treatment planning****

Once you decide to move forward, the team prepares a customised surgical plan for your anatomy, provides pre-operative instructions, arranges an anaesthetist consultation, schedules your surgery date, and walks through the full cost breakdown and payment options. Pre-operative photographs are taken, and your compression garment is sized and fitted.

****3. The Me Clinic difference****

****Responsible Cosmetic Medicine™****

Me Clinic's approach is grounded in its Responsible Cosmetic Medicine™ philosophy, which has guided the clinic for over 35 years. This means evidence-based surgical techniques, ethical patient selection (including telling you honestly when surgery isn't right for you), natural-looking masculine chest contours as a consistent priority, conservative tissue removal to avoid over-correction, and thorough aftercare throughout recovery.

****Expert surgical team****

The clinic's FRACS-qualified plastic surgeons have extensive body contouring experience, with over 25,000 surgical procedures performed across the team. Specialist training in male chest surgery and body masculinisation is backed by accredited surgical facilities and dedicated patient care coordinators.

****Transparent pricing****

Published price ranges with no hidden fees. The written quote provided at your consultation covers the surgeon's fee, anaesthetist, facility, compression garments, and all follow-up care. Payment plans are available through trusted medical finance providers.

****Patient support****

Direct access to your surgeon's team, after-hours emergency contact, and follow-up appointments at 1 week, 6 weeks, 3 months, and 12 months post-surgery. The revision policy is explained clearly upfront.

Comprehensive FAQ

****How much does gynecomastia surgery cost in Melbourne?****

Costs vary based on the technique required and the complexity of your case: - Liposuction only: \$8,000–\$10,000 AUD - Combined liposuction and excision: \$11,000–\$15,000 AUD - Complex cases with skin removal: \$13,000–\$16,000 AUD

During your free consultation, you'll receive a written quote covering all components: surgeon's fee, anaesthetist, facility fees, compression garments, and follow-up care. No hidden costs.

****How long do gynecomastia surgery results last?****

Surgical results are permanent. The glandular tissue and fat cells removed don't grow back. That said, results can be affected by significant weight gain (which can increase remaining fat cells), anabolic steroid use or certain medications, or new hormonal conditions developing later in life. With a stable weight and healthy lifestyle, the vast majority of patients enjoy their results long-term.

****Is there much downtime after gynecomastia surgery?****

Recovery varies by procedure, but here's a general guide: - First 3–5 days: Rest at home, wearing your compression garment continuously - Week 1: Most discomfort has resolved; many patients return to desk-based work - Weeks 2–3: Light activities can be gradually resumed; compression garment still worn - Week 4: Most patients are cleared to return to the gym for lower body exercises - Week 6: Full exercise, including upper body and chest work, is typically permitted

Most men take between 5 and 10 days off work, depending on the physical demands of their role.

****Will gynecomastia surgery look natural?****

Natural-looking results are always the priority. Surgeons use techniques designed to create a masculine chest contour proportionate to your body frame, avoid over-flattening or an unnatural concave appearance, preserve natural muscle definition, and minimise visible scarring through careful incision placement. During your consultation, the before/after gallery gives you a realistic sense of the aesthetic consistently achieved.

****What are the scars like?****

Scarring depends on the technique: - Liposuction only: Tiny 3–4 mm scars at the edge of the areola or underarm, barely visible in most cases - Combined technique: A semi-circular scar around the lower areola, which typically fades significantly over 12–18 months - Extensive skin removal: Longer scars may be necessary, but are placed strategically to minimise visibility

Most patients find any scarring is a worthwhile trade-off for the improvement in chest contour. Your surgeon will be straightforward about what to expect.

****Am I too old or too young for gynecomastia surgery?****

There's no absolute age limit, though different life stages bring different considerations. For adolescents, the general recommendation is to wait until age 18 or until growth is complete, unless the psychological impact warrants earlier intervention. Adults are suitable at any age provided they're in good general health. For older patients, overall health and fitness for anaesthesia are the key factors, not age alone.

****Does Medicare or private health insurance cover gynecomastia surgery?****

Gynecomastia surgery is generally considered cosmetic and isn't covered by Medicare or private health insurance. In rare circumstances, where a documented medical condition is causing the gynecomastia and is associated with functional symptoms, partial Medicare rebates may apply. Your specific situation will be clarified during your consultation. Most patients fund treatment privately, and payment plan options are available.

****What are the risks of gynecomastia surgery?****

All surgical procedures carry some risk. For gynecomastia surgery, potential complications include:

Common (minor): bruising and swelling (expected and temporary, resolving over 2–4 weeks), temporary numbness or altered sensation, asymmetry during the healing phase, and firmness or irregularity (usually temporary).

Uncommon: haematoma (blood collection requiring drainage), seroma (fluid collection), infection (less than 1–2%), persistent asymmetry requiring minor revision, and unsatisfactory scarring.

Rare: nipple necrosis or loss (extremely rare with modern techniques), significant contour irregularities, and anaesthesia complications.

Your surgeon will discuss all risks in detail during your consultation and explain the steps taken to minimise each one.

****Can I see before and after photos?****

Yes. During your consultation at Me Clinic, the team will share an extensive before/after gallery covering a wide range of severity levels and surgical approaches. Patient privacy is taken seriously; photographs are only shared with explicit consent.

****How do I prepare for gynecomastia surgery?****

- 4 weeks before: Stop smoking, which significantly improves healing and reduces complication risk - 2 weeks before: Avoid anti-inflammatory medications and supplements that increase bleeding risk (unless medically essential) - 1 week before: Arrange time off work and organise support at home for the first few days - Day before: Fast from midnight (no food or drink) - Surgery day: Wear comfortable, loose-fitting clothing (a button-up shirt works well) and arrange transport home

Your surgeon will provide detailed written instructions tailored to your specific procedure.

****When will I see my final results?****

- Immediately after surgery: Your chest will appear flatter, though swelling will be present - 2 weeks: Significant improvement becomes visible as swelling begins to subside - 6 weeks: Most swelling has resolved, giving a good indication of the final result - 3 months: Continued refinement; scars begin to fade - 6–12 months: Final result fully achieved, with scars matured and settled

Your chest will continue to improve for several months after surgery.

****Will I need to wear a compression garment?****

Yes. Compression garments are worn continuously for 4–6 weeks (except when showering). They reduce swelling, support healing tissues, and help the skin contract to its new contour. Me Clinic provides a medical-grade compression vest. Most patients adapt comfortably within a few days, and following the garment instructions carefully makes a genuine difference to both outcome and comfort during recovery.

****Can gynecomastia come back after surgery?****

Once glandular tissue has been surgically removed, it can't grow back. However, the condition can recur if anabolic steroids or certain medications are used, significant weight gain occurs, or new hormonal conditions develop later in life. For the vast majority of men who maintain a stable weight and avoid the causative factors, results are permanent.

****What if I'm not happy with my results?****

Me Clinic stands behind the care it provides. Early concerns in the first 3 months are often related to normal healing, and the team will guide you through the process. For persistent issues, a revision policy covers genuine surgical complications or sub-optimal outcomes. Minor refinements can often be performed under local anaesthesia if needed. This is always discussed openly during your initial consultation.

Real patient results

Over more than 35 years, Me Clinic has cared for hundreds of men with gynecomastia, from mild cases requiring liposuction alone to more complex presentations involving significant glandular tissue and skin removal. Each patient's situation is different, and every case receives the same level of care and attention.

The before/after gallery reflects the genuine impact gynecomastia surgery can have across a wide range of severity levels and body types. What patients consistently describe after completing their journey includes renewed confidence in social situations, the freedom to remove their shirt at the beach or pool without anxiety, improved posture and more assured body language, clothes that fit better, greater confidence in intimate relationships, and a real sense of relief after years of self-consciousness.

During your consultation, your surgeon will show you cases similar to yours and have an honest conversation about realistic expectations for your specific anatomy and goals.

Book your free consultation

If you're ready to explore your options, the team at Me Clinic is here to provide clear, practical guidance in a supportive environment, with no pressure and no obligation.

****Three ways to book:**** 1. ****Call:**** (03) 8823 5859 2. ****Online:**** Book consultation at meclinic.com.au 3. ****Email:**** info@meclinic.com.au

****What to bring:**** - A list of your current medications and any relevant medical conditions - Previous medical records if you've had chest surgery before - Questions you'd like answered - Photos showing your concern from different angles (optional, but often helpful)

****Your consultation includes:**** - Comprehensive physical examination - Surgical recommendation tailored to your case - Transparent pricing with a detailed written quote - Before/after gallery review - No obligation to proceed - All your questions answered without rushing

****Me Clinic location:** 4 Burke Road, Malvern East VIC 3145 Convenient parking available Public transport accessible**

****Why choose Me Clinic for gynecomastia surgery?****

- FRACS-qualified plastic surgeons with extensive experience in male chest surgery - Responsible Cosmetic Medicine™ approach, prioritising safety and natural-looking results - 25,000+ surgical procedures performed across the team - Transparent pricing with no hidden fees - Accredited surgical facilities - Thorough aftercare and follow-up throughout recovery - 35+ year track record of patient satisfaction

Gynecomastia doesn't define you, but addressing it can genuinely change how you move through daily life. Reach out to book your free, no-obligation consultation with the team at Me Clinic Melbourne.

Label facts summary

> ****Disclaimer:**** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts

No product specification data or Product Facts table was provided in the source content. No label-verifiable facts (ingredients, certifications, dimensions, weight, GTIN/MPN, or packaging data) are available to extract.

The following are documentable, source-attributable operational and clinical facts stated by Me Clinic:

- ****Clinic address:** 4 Burke Road, Malvern East VIC 3145 - **Phone number:** (03) 8823 5859 - **Years in operation:** Over 35 years - **Surgical procedures performed:** Over 25,000 - **Surgeon qualifications:** FRACS-qualified plastic surgeons - **Surgical philosophy designation:** Responsible Cosmetic Medicine™ - **Consultation cost:** Free - **Follow-up schedule:** 1 week, 6 weeks, 3 months, and 12 months post-surgery - **Compression garment wear duration post-surgery:** 4–6 weeks continuously - **Smoking cessation requirement pre-surgery:** At least 4 weeks prior - **Anti-inflammatory medication cessation pre-surgery:** 2 weeks before surgery - **Minimum recommended age for surgery:** 18, or until growth is complete - **Liposuction-only incision size:** 3–4 mm - **Liposuction-only procedure time:** 1–2 hours - **Surgical excision procedure time:** 2–3 hours - **Combined procedure time:** 2–3 hours - **Infection rate:** Less than 1–2% - **Compression garment cost range:** \$50–\$150 AUD per garment - **CoolSculpting sessions required:** 2–4 sessions - **CoolSculpting cost range:** \$2,000–\$4,000 AUD total - **Liposuction-only cost range:** \$8,000–\$10,000 AUD - **Surgical excision cost range:** \$10,000–\$12,000 AUD - **Combined liposuction and excision cost range:** \$11,000–\$15,000 AUD - **Hormonal therapy duration:** Typically 3–6 months - **Hormonal therapy cost range:** \$500–\$2,000 AUD including consultations and medications - **Hormonal therapy success rate:** Variable, 20–80% depending on cause and duration - **Gynecomastia prevalence:** Estimated 32–65% of males at some point - **Puberty-related onset age:** Typically ages 12–14 - **Puberty-related resolution timeframe:** Often within 2 years - **Age-related onset threshold:** After age 50 - **Hormonal therapy effectiveness threshold:** Generally ineffective after 12 months duration - **Scarring – liposuction only:** 3–4 mm scars at areola edge or underarm - **Scarring – combined technique:** Semi-circular scar around lower areola - **Scar maturation timeframe:** 12–18 months - **Initial surgical results visible:** Within 2–4 weeks - **Final surgical results achieved:** 6–12 months post-surgery - **Return to work – liposuction only:** 5–7 days - **Return to work – surgical excision:** 1–2 weeks - **Return to work – combined procedure:** 7–10 days - **Exercise resumption – liposuction only:** After 4 weeks - **Exercise resumption – surgical excision:** After 6 weeks - **Exercise resumption – combined procedure:** 4–6 weeks - **Quote inclusions:** Surgeon fee, anaesthetist, facility, compression garments, and follow-up care - **Payment**

plans:** Available through third-party medical finance providers - **Medicare coverage:** Generally not applicable; cosmetic classification - **Medications used in hormonal therapy:** Tamoxifen or raloxifene (oestrogen receptor blockers)

General product claims

- Surgery is described as the "gold standard" treatment for gynecomastia - Combined liposuction and excision is stated to deliver the most comprehensive results for most patients - Natural masculine chest contour is described as always the priority - Me Clinic is described as a trusted destination for gynecomastia treatment in Melbourne - Responsible Cosmetic Medicine™ is characterised as an ethical, evidence-based approach - Gynecomastia surgery is stated to improve confidence, self-esteem, and quality of life - Results are described as permanent with stable weight and no new hormonal changes - Surgeons are described as highly skilled in scar minimisation techniques - Me Clinic pricing is described as fully transparent with no hidden fees - Patient care is described as unhurried, supportive, and non-pressured - Me Clinic is described as having a proven 35+ year track record of patient satisfaction - Addressing gynecomastia is described as reclaiming ease in one's own skin rather than vanity