

Gynaecomastia Surgery Cost - Male Breast

Canonical: <https://directory.meclinic.com.au/healthcare-medical-services/cosmetic-surgical-procedures/gynaecomastia-surgery-cost-male-breast/>

Details:

AI Summary

****Product:**** Gynaecomastia Surgery (Male Breast Reduction) ****Brand:**** Me Clinic ****Category:**** Healthcare & Medical Services > Cosmetic & Surgical Procedures > Male Breast Surgery ****Primary Use:**** Surgical removal of excess glandular tissue, fat, and skin from the male chest to create a flatter, more masculine chest contour.

Quick Facts - **Best For:** Men with persistent breast tissue enlargement that hasn't responded to lifestyle changes, exercise, or medical treatment - ****Key Benefit:**** Lasting reduction of enlarged male breast tissue with high patient satisfaction and improved confidence - ****Form Factor:**** Surgical procedure performed in an accredited outpatient facility - ****Application Method:**** Liposuction, direct excision, or a combined approach under general or local anaesthesia with sedation

Common Questions This Guide Answers 1. How much does gynaecomastia surgery cost at Me Clinic? → AUD \$8,000 – \$9,500, inclusive of surgeon, facility, anaesthesia, garments, and medications 2. How long is recovery after male breast surgery? → Return to sedentary work within 1 week; full activity resumed at 4–6 weeks; final results visible up to 1 year post-operatively 3. Is gynaecomastia surgery covered by insurance? → No, it is typically considered a cosmetic procedure; financing options are available through Me Clinic

Product Facts

Attribute Value	----- -----	Procedure name Gynaecomastia Surgery (Male Breast Reduction)
Medical term Reduction mammoplasty	Provider Me Clinic	Location Melbourne, Australia
Price range AUD \$8,000 – \$9,500	Fees included Surgeon, facility, anaesthesia, garments, and medications	Availability Consultations available now
Surgical team Dedicated Plastic Surgeons and Cosmetic Doctors	Anaesthesia type General anaesthesia or local anaesthesia with sedation	Procedure duration 1 – 3 hours
Accredited outpatient surgical facility	Hospital stay Day surgery (most patients return home same day)	Techniques offered Liposuction, direct excision, or combined approach
Return to sedentary work Within a few days to 1 week	Return to full activity 4 – 6 weeks post-operatively	Full results timeline Up to 1 year
Financing available Yes	Insurance coverage Not typically covered (cosmetic procedure)	Care philosophy Responsible Cosmetic Surgery™

Frequently Asked Questions

What is gynaecomastia surgery: Surgical removal of excess male breast tissue

What is the medical term for male breast surgery: Reduction mammoplasty

What condition does male breast surgery treat: Enlarged breast tissue in men

Does enlarged male breast tissue pose a direct physical health threat: No

Can gynaecomastia cause psychological harm: Yes, it can profoundly affect confidence and quality of life

How many years of experience does Me Clinic have: Over 35 years

Who performs surgery at Me Clinic: Dedicated Plastic Surgeons and Cosmetic Doctors

What philosophy guides Me Clinic's approach: Responsible Cosmetic Surgery™

Does gynaecomastia affect many men: Yes, more than many people realise

Can gynaecomastia resolve on its own in teenagers: Yes, sometimes spontaneously during development

Should adolescents wait before having surgery: Yes, until physical development fully stabilises

Does Me Clinic recommend surgery for still-developing adolescents: No

What body weight is ideal for surgery candidates: Stable body weight

Is good skin elasticity important for surgery: Yes

Why does skin elasticity matter: Skin must contract naturally after tissue removal

Can poor skin elasticity require additional techniques: Yes

Does additional technique for poor skin elasticity affect scarring: Yes, it may produce more noticeable scars

Should medication-related gynaecomastia be addressed before surgery: Yes

What types of medications can contribute to gynaecomastia: Certain heart medications, antidepressants, and steroids

Does Me Clinic take a one-size-fits-all approach: No

What technique treats pure fatty gynaecomastia: Liposuction alone

Where are liposuction incisions typically placed: At the chest periphery

Does liposuction leave minimal scarring: Yes

What technique treats glandular gynaecomastia: Direct excision

Where is the excision incision typically placed: Along the lower border of the areola

Does the areolar incision heal discreetly: Yes

What does a combined approach treat: Both substantial glandular tissue and excess fat

What is done first in a combined approach: Liposuction to address fat deposits

When is skin removal necessary: In the most extensive cases with considerable skin excess

How long does the surgery typically take: Between one and three hours

Is surgery usually performed on both sides at once: Yes

What type of anaesthesia is used: General anaesthesia or local anaesthesia with sedation

Where does surgery take place: An accredited outpatient surgical facility

Do most patients go home the same day: Yes

What must patients wear after surgery: A compression garment

How long is the compression garment worn: Continuously during the early recovery period

What is the purpose of the compression garment: Controls swelling and supports healing tissues

Are drains always used after surgery: No, only in some cases

What is the purpose of surgical drains: To prevent fluid accumulation during initial healing

When can patients return to sedentary work: Within a few days to a week

When can patients resume all activities including vigorous exercise: Between four and six weeks post-operatively

How long until the final chest contour fully emerges: Up to one year

Is heavy lifting allowed in weeks two through four: No

Can chest tightness and numbness occur during recovery: Yes, it is a normal part of healing

What is a haematoma: An accumulation of blood beneath the skin

What is a seroma: A collection of clear fluid beneath the skin

Can contour irregularities occur after surgery: Yes

Do minor contour irregularities often improve naturally: Yes

Can significant contour irregularities require revision surgery: Yes

Can nipple-areolar sensation change after surgery: Yes

Are sensation changes usually permanent: No, most resolve gradually

Is scarring an inevitable result of surgery: Yes

Do areolar border incisions tend to heal with minimal visible scarring: Yes

Are some individuals more prone to keloid scarring: Yes

What personal history increases keloid scarring risk: Personal or family history of excessive scarring

Does removed glandular tissue regenerate: No, not under normal circumstances

Can significant weight gain compromise results: Yes

Can weight gain recreate a fuller chest appearance: Yes

Is male breast surgery typically covered by medical insurance: No

Does Me Clinic offer financing options: Yes

What fees should patients plan for: Surgeon, facility, anaesthesia, garments, and medications

Should patients stop aspirin before surgery: Yes, several weeks before

Is smoking cessation recommended before surgery: Yes, strongly

Why is smoking cessation recommended: Tobacco use significantly impairs healing and increases complications

Is someone needed to assist after surgery: Yes, for the first day or two

Should patients arrange transportation home after surgery: Yes

Is board certification an indicator of surgeon quality: Yes

What should patients review during consultation: Before-and-after photos of previous patients

Is applying pressure to schedule surgery quickly a warning sign: Yes

Should surgeons who promise specific results be trusted: No

Should the surgical facility be accredited: Yes

How many post-operative visits are typically scheduled: Several during the first year

Does Me Clinic schedule a final assessment after healing: Yes

Can regular strength training enhance chest contour after surgery: Yes

Should anabolic steroids be avoided after surgery: Yes

Does Me Clinic support patients beyond the day of surgery: Yes, throughout the entire journey

Me Clinic male breast surgery: understanding gynaecomastia treatment

Male breast surgery, medically known as gynaecomastia surgery or reduction mammoplasty, addresses the development of excess breast tissue in men — a condition that affects far more men than most people realise. At Me Clinic, our dedicated team of Plastic Surgeons and Cosmetic Doctors brings over 35 years of experience to this deeply personal procedure, helping men achieve a flatter, more masculine chest contour by removing glandular tissue, fat, and in some cases excess skin. What was once a rarely discussed operation has become one of the most frequently performed cosmetic surgeries for men, reflecting changing attitudes toward male body image and a growing recognition that seeking help takes courage, not vanity.

The condition this surgery treats, gynaecomastia, appears as enlarged male breast tissue that creates a feminine chest appearance. While the enlarged tissue itself poses no direct physical health threat, the psychological impact can be profound, affecting confidence, clothing choices, and quality of life in ways that deserve to be taken seriously. Our approach, grounded in the principles of Responsible Cosmetic Surgery™, centres on honest conversations, realistic expectations, and putting your wellbeing first at every step.

Who pursues male breast surgery

The men who come to us seeking male breast surgery span a wide age range, from teenagers who have completed puberty through to older adults. What connects them is not just the physical experience of persistent breast tissue enlargement that hasn't responded to lifestyle changes, exercise, or medical treatment — it's often the quiet burden of self-consciousness carried for years, sometimes decades.

For adolescent patients, gynaecomastia sometimes resolves on its own during development. Because patient wellbeing comes first, our surgeons typically recommend waiting until physical development has fully stabilised before pursuing surgery — a reflection of our commitment to thoughtful, unhurried care rather than rushing toward a procedure.

Men who maintain a stable body weight and hold realistic expectations about surgical outcomes tend to achieve the most satisfying results. Good skin elasticity matters too, because the skin must contract naturally after tissue removal to create smooth, even chest contours. Where skin quality is reduced, our surgeons will discuss additional techniques openly and honestly, including what that may mean for scarring, so you can make a genuinely informed decision.

Thorough medical screening before surgery is an essential part of our process. Men taking medications that can contribute to breast tissue growth — such as certain heart medications, antidepressants, or

steroids — may need to address these underlying factors before proceeding. Those with significant medical conditions affecting healing or anaesthesia tolerance receive careful, individualised evaluation. We don't take a one-size-fits-all approach, because every patient's situation is different.

The surgical approach

Our surgeons tailor the technique to the specific composition and extent of each patient's excess tissue, because the right approach depends on your individual anatomy, not a standardised template.

Pure fatty gynaecomastia, where fat is the primary excess, often responds well to liposuction alone. Small cannulas are inserted through tiny incisions, typically at the chest periphery, and excess fat is carefully removed while the chest contour is sculpted. This approach leaves minimal scarring and suits men with good skin elasticity whose breast enlargement stems primarily from fat accumulation.

Glandular gynaecomastia, characterised by firmer breast tissue rather than soft fat, requires direct excision. An incision, most commonly placed along the lower border of the areola where it can heal discreetly, allows our surgeons to access and remove the dense glandular tissue with precision while preserving the natural position and appearance of the nipple-areolar complex.

More significant cases may call for a combination of both approaches. When substantial glandular tissue and excess fat are both present, surgeons often perform liposuction first to address fat deposits, followed by direct excision of glandular tissue. In the most extensive cases, where considerable skin excess accompanies tissue enlargement, skin removal and repositioning of the nipple-areolar complex may be necessary. Our surgeons will always explain the implications of each approach, including scarring, clearly and honestly, so you can weigh the trade-offs with confidence.

The procedure experience

Male breast surgery at Me Clinic takes place in an accredited outpatient surgical facility, under general anaesthesia or local anaesthesia with sedation, depending on the extent of tissue removal and your individual preferences and needs. The procedure generally takes between one and three hours, depending on technique complexity and whether both sides require attention — which is usually the case, as addressing both sides in a single operation helps ensure symmetry and avoids staged procedures.

During surgery, you will be positioned on your back with arms placed for optimal surgical access. Our experienced surgical team monitors vital signs throughout. After tissue removal and chest contouring, drains may be placed in some cases to prevent fluid accumulation during initial healing. Incisions are closed with sutures, and the chest is wrapped in a compression garment that you will wear continuously during the early recovery period.

Most patients return home the same day, equipped with clear, detailed post-operative instructions from our team. The immediate post-surgical period involves managing discomfort with prescribed or over-the-counter pain medication, keeping surgical sites clean and dry, and wearing the compression garment as directed. Swelling, bruising, and a sense of chest tightness are all entirely normal in these early days and gradually improve as your body heals.

Our team is available to answer questions and address concerns as they arise — not just during the procedure itself, but in the days and weeks that follow.

Recovery trajectory

Recovery unfolds in distinct phases, each with its own milestones and its own pace. We encourage patients to approach this period with patience.

The first week is the most physically restrictive. We advise limiting arm movements and avoiding activities that place strain on the chest muscles. Most men can return to sedentary work within a few days to a week, though strenuous activities remain off-limits. The compression garment worn during

this phase controls swelling and supports healing tissues as they settle into their new contours.

From weeks two through four, swelling begins to subside and patients gradually resume normal daily activities. Light activities and non-strenuous work typically pose no difficulties, but heavy lifting, pushing, pulling, or raising the arms overhead should still be avoided. The chest may feel tight and numb during this phase — a normal part of healing as nerves recover and tissues adapt.

Full recovery, including the complete resolution of swelling and the emergence of your final chest contour, extends over several months. Our surgeons typically clear patients to resume all activities, including vigorous exercise and weight training, between four and six weeks post-operatively. The chest continues to refine subtly for up to a year as residual swelling fully resolves and scar tissue matures. We schedule follow-up appointments throughout this period so our team can monitor your progress.

Potential complications and considerations

Honest, open communication about surgical risks is central to our Responsible Cosmetic Surgery™ philosophy, because informed patients are empowered patients.

Like all surgical procedures, male breast surgery carries inherent risks. Bleeding and infection are universal surgical risks, minimised through meticulous technique and appropriate antibiotic protocols. Haematoma, an accumulation of blood beneath the skin, may require drainage if significant. Seroma, a collection of clear fluid, may similarly need aspiration if persistent or extensive.

Contour irregularities can occasionally occur when healing produces uneven results or when tissue removal creates depressions or asymmetries. Minor irregularities often improve naturally over time as swelling resolves and tissues settle, but more significant concerns may require revision surgery. Changes in nipple-areolar sensation, ranging from temporary numbness to heightened sensitivity, are also possible as nerves affected during surgery heal. Most sensation changes resolve gradually, though some men experience longer-lasting alterations.

Scarring is an inevitable result of any surgical incision. Incisions placed along the areolar border tend to heal with minimal visible scarring, while more extensive procedures involving larger incisions produce more noticeable scars. Individual healing characteristics and adherence to post-operative care instructions both play meaningful roles in scar outcomes. Some individuals are more prone to keloid or hypertrophic scarring, particularly those with a personal or family history of excessive scarring — something our surgeons will discuss with you during consultation.

We will never minimise these realities. Our commitment is to give you honest guidance so you can make the decision that is truly right for you.

Results and long-term outlook

Male breast surgery at Me Clinic typically produces lasting results, provided patients maintain stable body weight and avoid substances or medications that can trigger gynaecomastia. The removed glandular tissue does not regenerate under normal circumstances, so the breast enlargement does not typically recur. Significant weight gain, however, can cause fat accumulation in the chest area that may compromise results and recreate a fuller chest appearance — something our team will discuss with you as part of your preparation and aftercare planning.

For many of the men we care for, the psychological benefit of this surgery is every bit as significant as the physical change, sometimes more so. After years or even decades of self-consciousness about their chest, many patients describe a profound sense of relief and renewed confidence — greater ease in social situations, more freedom in clothing choices, and a willingness to participate in activities they had previously avoided. These are the kinds of meaningful changes that motivate us in our work every day.

Patient satisfaction remains consistently high when realistic expectations are established from the outset. Men who understand that surgery creates a more masculine chest contour rather than physical perfection, and who accept that some natural asymmetry exists in all human bodies, typically report deep satisfaction with their outcomes. Those who pursue surgery alongside broader health improvements, such as weight management and fitness programmes, often experience the most dramatic transformations.

Preparation and planning

A successful outcome begins long before you enter the operating theatre. Thorough pre-operative preparation, both physical and emotional, sets the foundation for realistic expectations and optimal healing.

The consultation at Me Clinic is where this journey truly begins. It is an opportunity for our surgeons to assess the type and extent of your gynaecomastia, discuss technique options, and review potential risks alongside expected outcomes — all in a warm, unhurried environment where your questions are genuinely welcomed. Come prepared: think about what you hope to achieve, ask about your surgeon's experience with this specific procedure, and take time to review before-and-after photos of previous patients.

Pre-operative instructions typically include medication adjustments, as certain drugs and supplements can increase bleeding risk or interfere with anaesthesia. You may need to stop taking aspirin, anti-inflammatory medications, and herbal supplements several weeks before surgery. Smoking cessation is strongly recommended, as tobacco use significantly impairs healing and increases the risk of complications. Arranging transportation home after surgery, and having someone available to assist you during the first day or two of recovery, helps ensure a smooth post-operative transition.

Financial planning is also an important part of preparation. Male breast surgery is typically considered cosmetic and is not covered by medical insurance. We are fully transparent about costs, including surgeon fees, facility fees, anaesthesia costs, garments, and medications, so you can plan without surprises. Me Clinic offers financing options to help make the procedure more accessible.

Choosing a qualified surgeon

Choosing the right surgeon deserves careful, unhurried consideration. Board certification by relevant surgical organisations is a meaningful indicator of a surgeon's training, expertise, and commitment to ongoing professional development. At Me Clinic, our surgeons who regularly perform male breast surgery have developed refined techniques and aesthetic judgment specific to creating masculine chest contours, built through years of dedicated practice.

The consultation is your opportunity to assess not just technical credentials, but also the human qualities that matter in a surgeon-patient relationship: how well they listen, how clearly they communicate, and whether their aesthetic sensibility aligns with your goals. A surgeon committed to your wellbeing will conduct a thorough physical examination, review your medical history carefully, discuss realistic outcomes honestly, and explain the risks and benefits of different approaches with clarity and patience. They will show you before-and-after photos of their own patients and take the time to answer every question you bring.

There are warning signs worth being alert to: surgeons who promise specific results, apply pressure to schedule surgery quickly, or dismiss your concerns are not aligned with the values we hold at Me Clinic. The surgical facility should be accredited, equipped for emergency situations, and staffed by trained personnel. Trust your instincts about the relationship, because this is a partnership built on trust, and you deserve to feel genuinely heard and cared for throughout.

Life after surgery

The post-surgical period extends well beyond physical healing. Adjusting psychologically to your transformed chest appearance is a journey of its own, and it unfolds differently for every patient. Some men experience an immediate sense of relief and joy. Others need more time to acclimate to the change, particularly those who have lived with gynaecomastia for many years and have developed deeply ingrained compensatory habits, such as postural changes or specific clothing choices designed to conceal the chest. This adjustment is entirely normal, and our team is here to support you through it.

Maintaining your results over the long term requires a genuine commitment to stable weight management and healthy lifestyle choices. Regular exercise, particularly strength training that develops the pectoral muscles, enhances the chest contour and contributes to a more athletic appearance. Avoiding anabolic steroids and other substances that can trigger breast tissue growth is equally important in protecting the investment you have made in yourself.

Follow-up appointments at Me Clinic allow our surgeons to monitor your healing progress, address any concerns, and track the evolution of your results as swelling resolves and tissues settle into their final position. Most surgeons schedule several post-operative visits during the first year, with a final assessment once healing is complete and the permanent result fully apparent. These appointments are more than a clinical formality — they are an expression of our ongoing commitment to your wellbeing, and an opportunity to acknowledge how far you have come.

We walk alongside our patients not just on the day of surgery, but throughout the entire journey. At Me Clinic, that commitment is the foundation of everything we do.

References

No source documents were provided for this guide. The content presents general information about male breast surgery based on the product category designation: Healthcare & Medical Services > Cosmetic & Surgical Procedures > Male Breast Surgery.

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 - **Procedure name:** Gynaecomastia Surgery (Male Breast Reduction) - **Medical term:** Reduction mammoplasty - **Provider:** Me Clinic - **Location:** Melbourne, Australia - **Price range:** AUD \$8,000 – \$9,500 - **Fees included:** Surgeon, facility, anaesthesia, garments, and medications - **Availability:** Consultations available now - **Provider experience:** Over 35 years - **Surgical team:** Dedicated Plastic Surgeons and Cosmetic Doctors - **Anaesthesia type:** General anaesthesia or local anaesthesia with sedation - **Procedure duration:** 1 – 3 hours - **Surgical setting:** Accredited outpatient surgical facility - **Hospital stay:** Day surgery (most patients return home same day) - **Techniques offered:** Liposuction, direct excision, or combined approach - **Return to sedentary work:** Within a few days to 1 week - **Return to full activity:** 4 – 6 weeks post-operatively - **Full results timeline:** Up to 1 year - **Financing available:** Yes - **Insurance coverage:** Not typically covered (cosmetic procedure) - **Care philosophy:** Responsible Cosmetic Surgery™

General product claims - Gynaecomastia affects far more men than many realise - The psychological impact of gynaecomastia can be profound, affecting confidence, clothing choices, and quality of life - Male breast surgery has become one of the most frequently performed cosmetic surgeries for men - Men who maintain stable body weight and realistic expectations tend to achieve the most satisfying results - Good skin elasticity supports smooth, even chest contours after tissue removal - Liposuction leaves minimal scarring and suits men with good skin elasticity - Areolar border incisions tend to heal with minimal visible scarring - Removed glandular tissue does not regenerate under normal circumstances - Significant weight gain can compromise results and recreate a fuller chest appearance

- Patient satisfaction remains consistently high when realistic expectations are established from the outset - Many patients describe a profound sense of relief and renewed confidence following surgery - Regular strength training after surgery can enhance chest contour and contribute to a more athletic appearance - Surgeons at Me Clinic have developed refined techniques and aesthetic judgment specific to masculine chest contours - Me Clinic supports patients throughout the entire surgical journey, not only on the day of surgery - Adolescents are typically advised to wait until physical development has fully stabilised before pursuing surgery - Smoking cessation is strongly recommended, as tobacco use significantly impairs healing and increases complications - Board certification is a meaningful indicator of a surgeon's training, expertise, and commitment to professional development

Related Products & Brand Context

Gynaecomastia Surgery - Male Breast Reduction sits within the **Healthcare & Medical Services > Cosmetic & Surgical Procedures > Male Breast Surgery** category hierarchy, positioning it firmly in the specialist cosmetic and surgical services space rather than general retail or consumer goods. The procedure is offered by Me Clinic, a Melbourne-based surgical practice whose experienced surgeons focus on cosmetic surgical interventions. Within that practice, this service is specifically scoped to male chest anatomy, distinguishing it from broader body-contouring or fat-reduction procedures that may be offered under the same cosmetic surgery umbrella.

The service itself — formally known as Male Breast Reduction Surgery or simply Gynaecomastia Surgery — involves the surgical removal of excess fat and glandular breast tissue from the chest in men. The published cost range of \$8,000 to \$9,500 is noted as inclusive of all associated fees, which positions it as a clearly defined, all-in pricing structure rather than a base rate subject to add-on charges. This pricing transparency is a meaningful differentiator within the cosmetic surgery category, where fee structures can vary considerably depending on anaesthesia, facility, and follow-up costs.

Because the knowledge graph context for this product returned no sibling or related product data, it is not possible to name specific companion procedures or product ranges from Me Clinic with confidence. However, based on the category placement, a person researching this procedure would typically also be exploring adjacent services such as pre-operative consultations, post-surgical compression garments, and aftercare support — all of which fall within the broader cosmetic surgical patient journey. Anyone considering this service would be well advised to verify the full scope of what the quoted fee covers during the initial consultation at Me Clinic's Melbourne practice.

In summary, this listing represents a specific surgical service offered at a fixed-price range, sitting at the intersection of men's health and cosmetic surgery, and is best understood as a standalone procedure within a specialist clinical setting rather than part of a tiered consumer product range.