NEW APPROACH TO MINIMIZE THE NIPPLE AND PERIAREOLAR RETRACTION IN GYNECOMASTIA

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The perfect body shape, has been recently increased in the last few years and became one of the major concerns for both young adults, male and female probably due to increased merchandize of the optimum body image posed by the social media

Having breast glandular excess in young male may impact the overall body image, placing the subject in social isolation to avoid critics by the peers.

Gyenecomastia can be presented for teenagers, and for the extreme of ages, regardless the cause and pathogenesis of the problem the patients seek for a solution

One of the major complications is contour irregularity, and nipple areola depression

In this article we review new author approach to minimize this complication by implementing the classical infra-areolar incision used to do the pull through technique to evacuate the remaining fibrofatty tissue.

while performing the glandular excision, we might not be sure of the remaining sub-areolar support to prevent the retraction of the nipple, here come our approach to do a crescentic de-epithelialization of the infra-areolar skin and using it as a support for placement of the nipple areola complex (NAC)

In this technique we were able to maintain shape and projection of the NAC, with a simple reproducible and easily learned technique