

JOINT EVENT

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Orange peel excision of gland: A novel surgical technique for treatment of gynecomastia

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Introduction: Gynecomastia is a common aesthetic problem faced by men with reported incidence as high as 65% with serious psychosocial impact. Although various techniques of liposculpture combined with glandular excision is the standard of treatment, many of the glandular excision techniques have inherent limitations and complications such as they leave a long scar, long operative time, contour abnormalities and increased risk of hematoma. Here we describe an innovative “the orange peel excision of gland (OPEG) technique” which overcomes these limitations with excellent cosmetic results.

Methods: Total of thirty eight breasts were operated in 20 patients (18-bilateral and 2-unilateral). All the patients underwent suction assisted liposuction and glandular excision under general anaesthesia by our OPEG technique.

Results: The average operative time per breast was 60 minutes. One patient had a small hematoma which did not require evacuation. The patient satisfaction rate was 95%.

Conclusions: The technique has reduced operative time, avoids residual gland and hematoma with excellent aesthetic outcome.

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