# Ultrasound Assisted (Vaser) Liposuction For Gynecomastia


## ABSTRACT

*Gynaecomastia is a benign enlargement of male breast with a prevalence of 38% in young patients. VASER-assisted high-definition liposculpture is an aggressive approach to body contouring that enables the surgeon to perform superficial liposculpture to define the 3-dimensional surface musculature. However, it is a difficult and time-consuming procedure with a high learning curve that is appropriate only for highly experienced surgeons. Twenty patients of fatty gynaecomastia Simon grade II-B or III were operated upon between March 2008 and March 2010. Patients included in this study were between 20-50 years of age. The first stage of the operation consists of infiltration of the tumescence anesthesia, then debulking mode for fat emulsification, then aspiration, at last the step of the © mode in the device to stretch the redundant skin usually for 30 minutes. Closure is done without drainage. Finally elastic garment is used, which is maintained for 4–8 weeks. The time needed with the Vaser liposuction (150-180 minutes) was almost double. The post operative pain was remarkably decreased in patients with Vaser use. The complications were minor and required no surgical intervention. Ultrasound-assisted (VASER) lipoplasty is a safe and effective technique for treatment of gynaecomastia, despite the amount of breast tissue and the degree of breast ptosis associated. Results have been extremely gratifying for patients and the surgeon.*

*The main difference of VASER is the skin tightening mode (c mode) that allows plastic surgeons to go for superficial liposuction that helps for marked skin redistribution and stretching, even in grade III &II-B cases.*