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**COSMETIC DERMATOLOGY AND HAIR CARE**  
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7<sup>th</sup> International Conference and Expo on

**COSMETOLOGY, TRICHOLOGY & AESTHETIC PRACTICES**

October 26-27, 2017 Paris, France

**Reduction mammoplasty in males my preferred technique**

**Sabreen Al Zamil**  
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Surgical treatment of grade III gynecomastia requires more scarring than grade I& II. Reduction mammoplasty in males has been recently more encountered since the introduction and the uprising of bariatric surgery. Yet it is more challenging than in the female breast as it requires certain modification to reach a modest male breast shape. Since the year 2010 up till now we adopted and modified a technique that eliminates the vertical Scar and carries the NAC on a wide pedicle simulating a Pec. Major contour, as much as possible then delivered through a hole in the superior skin flap. A series of cases performed since 2010 by myself and adopted by some colleagues in the department afterwards (around 32%) of the total no. of cases; two incidences of NAC mal positioning however did not affect the patient satisfaction. The future is to combine it with high definition lipo sculpture in selected thin built patients.

**Biography**

Sabreen Al Zamil is in practice of plastic surgery for 22 years. She is the Head of Unit in Al Babbtain Center of Plastic, Reconstructive Surgery and Burns. Also, she was the Former Tutor at the Faculty of Medicine, Kuwait. She is the first female Kuwaiti Plastic Surgeon, currently she is the Owner and Director of SabreenA clinic.

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