

A close-up portrait of a woman with blonde hair pulled back, looking slightly to the right with a soft smile. Her eyes are a striking blue, and her lips are painted a vibrant pink. The background is plain white.

TOP QUESTIONS ASKED

Before undergoing plastic surgery abroad

GYNAECOMASTIA - BREAST REDUCTION FOR MALES

What is gynaecomastia and who suffers from it?

Statistically, about 30 – 50 % of men suffer from gynaecomastia (enlargement of glandular and/or fat tissue in males). It is not a serious illness, but can cause psychological discomfort and loss of self-esteem. Since gynaecomastia is not necessarily caused by excess localized fat, neither sports nor any diet can help it. Surgery is the only treatment option.

However, it is not recommended for patients under 18, because any signs of gynaecomastia, which appeared during puberty, may disappear naturally after hormone adjustment.

What is being done during the surgery? What will be the result?

Gynaecomastia can be classified into three degrees depending on the amount of excess localized fat and the ability to feel the gland. When the cause and degree of a problem is decided, relevant surgical or medical treatment can be applied:

- **1st degree** gynaecomastia – glandular tissue is removed;
- **2nd degree** gynaecomastia – liposuction from the breast area together with glandular tissue removal is performed;
- **3rd degree** gynaecomastia – liposuction from the breast area together with glandular tissue and excess skin removal is performed.

The results of gynaecomastia correction are visible in two months and patients can enjoy manly chest, attractive bodylines and their increased self-esteem.

What about the length of the stay abroad (in Lithuania) and recovery period?

To guarantee your safety it is required to stay in Lithuania for 5 days after the surgery. For **appropriate recovery**: resuming daily activities is allowed in 4 – 6 weeks following the surgery.

What about the possible complications and what if something goes wrong?

As in every surgical procedure there are possible complications, albeit rare. These include bruises, inverted nipples, scarring and uneven breast contours caused by insufficient liposuction.

While still in Lithuania: in case you are feeling unwell or there is anything abnormal, you will be immediately checked upon by the medical personnel. Should there be a need for a follow-up procedure, it would be carried out for you free of charge.

Complication in the later stages of the recovery is extremely rare and most of the time not immediate. If they happen, our surgeon would consult you online and explain the steps to take. In case a follow-

up procedure is needed, it would be done for free at the clinic. However, the transport & accommodation would not be covered by us.

Approximate all-included price: €1955*

Includes: everything for the treatment, anesthesia, 1 night of hospitalisation; all the needed help with the trip, such as finding best airplane ticket deals, accommodation booking, meeting at the airport, personal driver within Lithuania, phone+SIM card for unlimited calls in Lithuania; needed consultations, medical tests, 24/7 assistance in Lithuania in case something is needed, help with after-care, insurance of up to € 35,000 against injury resulting from malpractice.



“Wellness Travels’ services were very professional. The travel assistants were great and only a phone call away if needed. Everything was clear at all times. The same goes for the clinic and the hotel.” – H.F., Ireland

* Given price is approximate and may slightly vary depending on every individual case. The exact price is determined after a free and non-binding Skype consultation with our surgeon (alternatively, one could send photos of the treatment area(s) directly for the doctor’s evaluation via a safe inquiry form on our website).

Discounts apply if multiple procedures are combined (may not be possible due to safety concerns).



WHY LITHUANIA?

Lithuanian health care is known for transparency and quality. The country is EU & NATO member for more than 10 years, has € as its currency and strictly meets all of the Western medicine standards. Yet, due to lower taxes and less expensive labour, it has a price advantage. This means that you will pay mostly for the treatment. All in all, Lithuania is regarded as a superior quality care provider at fair prices.

- ✓ Experienced physicians;
- ✓ State-of-art technology;
- ✓ Latest treatment methods;
- ✓ Maximum safety;
- ✓ 3x lower price than in the UK/Scandinavia/Holland;
- ✓ Round trip flights for €100 / £73.



Lithuania offers a wide list (around 1000) of sightseeing objects. Here you will definitely discover something that you have never seen anywhere else.



1-3 HOURS FLIGHTS

The country is easy to reach from anywhere in Europe! Well developed, affordable and abundant air-travel makes it easier than ever. Direct fights available from UK, Ireland, Benelux countries, Germany and Scandinavia usually take just 1- 3 hours.

What are the next steps?

1 Contact us

Once you know what you would like, contact us via email, phone/Skype, Whatsapp/Viber. You could also contact our surgeons directly via a safe inquiry form on our website.

Get a quote

2

We will provide all the necessary information and send you an exact quote. You can also have a free and non-binding consultation with your surgeon.

3 Make your decision

If all seems fine, we will provide you with contracts for medical services; help you with flights and travel; and book accommodation and everything else for you.

Get your surgery done!

4

Few days before the departure, you will receive a travel information package; and, finally, we will meet and greet you at the airport in Lithuania.

The fastest way to get an exact quote is to contact one of our surgeons directly. You can do that by [clicking here](#) and filling-in a safe inquiry form. The surgeons will then evaluate your case and provide recommendations. We guarantee that your personal information will be kept securely and handled properly.
