Dr. Alex Sobel Releases Video Explaining Male Breast Reduction Options to Treat Gynecomastia

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Triple board-certified Bellevue cosmetic surgeon Dr. Alex Sobel has released an educational YouTube video titled Gynecomastia Surgery vs Liposuction: How Dr. Sobel Helps Men Choose the Right Male Breast Reduction. The video draws on his experience treating gynecomastia and discusses the trade-offs patients face when selecting male breast reduction procedures.

Gynecomastia is the presence of excess glandular tissue or fatty deposits in the male chest. The condition is typically medically harmless but affects a significant percentage of otherwise healthy men and can create discomfort in social settings.

"Men struggling with gynecomastia are often convinced that eliminating every trace of chest fullness is the only acceptable solution," Dr. Sobel said in the video. "But the best results rarely hinge on the most aggressive operation. Instead, success depends on matching surgical technique to a patient's anatomy and scar tolerance."

Dr. Sobel presents a spectrum of procedural options in the video. At one extreme lies comprehensive gland

excision coupled with chest-wall reshaping, which removes virtually all breast tissue but leaves a longer scar across the chest. At the other end is liposuction, which removes fatty tissue and some glandular strands through small incisions. Liposuction for male breast reduction works best when a patient's breast fullness is mostly adipose tissue.

"When liposuction aligns with the patient's tissue composition, the outcome can be effective," Dr. Sobel said. He noted that the procedure results in minimal scarring and can create more defined chest contours.

Most patients fall between these two approaches. For them, Dr. Sobel often recommends a hybrid technique that blends limited gland removal with liposuction. He uses an extensive gallery of before-and-after images to help patients understand realistic results. The visual aids allow patients to see outcomes based on body types and tissue compositions similar to their own.

"Pictures bridge the gap between surgical jargon and patient expectations," Dr. Sobel explained. "If a prospective patient views an example of liposuction-only improvement and feels it would still leave them dissatisfied, then we discuss a more comprehensive surgery."

Dr. Sobel's approach to treating gynecomastia focuses on preserving the natural slope of the chest. He aims to avoid the flattened appearance that can occur with over-correction.

"A masculine chest should still look like it belongs on the body," he said. "Controlling the extent of gland removal and strategically feathering liposuction maintains subtle curvature while eliminating the conspicuous bulge."

Patients typically return to desk work in under a week after liposuction-dominant procedures, according to Dr. Sobel. More extensive excisional surgeries require a slightly longer recovery period. Dr. Sobel performs both approaches in the accredited private surgical suite at the Bellevue cosmetic surgery practice.

Dr. Sobel is a past president of the American Board of Cosmetic Surgery and the American Board of Facial Cosmetic Surgery. He has performed thousands of body contouring procedures and lectures on techniques designed to shorten recovery periods. Dr. Sobel is also a Fellow of the American Academy of Cosmetic Surgery and has trained several other cosmetic surgeons throughout his career. He received the William K. Miles, M.D. Award, which is given to the physician with the best score on the written cosmetic surgery board certification exam.

Anderson Sobel Cosmetic Surgery operates from a private, on-site surgical suite that is accredited by the Washington State Department of Health. The facility is equipped with hospital-level safety measures and designed to provide patients with privacy during their procedures and recovery. Dr. Sobel was recognized as

a Seattle-area Top Doctor in the Seattle Met's 2018 Top Doctor awards, nominated by his peers based on his surgical skill and dedication to patient safety.

For more information, contact Anderson Sobel Cosmetic Surgery at 626 120th Ave NE, Suite B201, Bellevue, WA 98005 or call (425) 453-9060.

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Anderson Sobel Cosmetic Surgery

Dr. Sobel is a triple board certified surgeon based in Bellevue, Washington. Both in and out of his practice, Dr. Sobel is well-known and respected for his kindness, generosity, and commitment to providing patients with access to safe, quality treatment.

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