

Post-Operative Instructions: Gynaecomastia procedures

Thank you for choosing Pall Mall Medical to have your operation. This leaflet contains important information about what to expect after your surgery and advice about aftercare and follow up. Please read it carefully.

What to expect following your surgery:

Following your surgery, it is quite normal to feel some minor pain and discomfort. Everyone's experience is different. You will have been discharged with medications to take to help control your pain, follow the instructions given to you on your discharge.

If you have had general anaesthesia or sedation, this can temporarily affect your co-ordination and reasoning skills. It is strongly advised that you must not drive, drink alcohol, operate machinery or sign legal documents for 48 hours afterwards.

It is important you do not over stretch or lift during your recovery. Ask for assistance with dressing and allow the person taking you home to carry your bags.

You might feel tired or drowsy for the first few hours - this is related to the anaesthetic and medication given for the surgery.

In the first few days to weeks, you may notice any of the following, there may be some degree of swelling and bruising. The swelling can take up to 3 months to settle.

The scars will be visible, and the positioning will have been explained by your surgeon during the consultation. You may feel some numbness in the surrounding areas but should settle after a few days.

Driving:

- You should not drive yourself home or drive for a minimum 5 days following your surgery. You must be able to do an emergency stop safely without causing discomfort and be able to turn adequately to see blind spots.
- If you are in doubt about driving, contact your motor insurer so that you are aware of their recommendations, and always follow your surgeon's advice.

Activity:

- Limit your activities for the first week to avoid unnecessary bleeding. However, do not remain immobile due to the risk of deep vein thrombosis- keep stockings on until you have returned to your normal mobility.
- You should avoid any strenuous exercise and swimming for at least 6 to 8 weeks.
- Avoid exposure of the chest to direct sunlight/sunbeds for at least 6 months.
- Be sure to avoid vigorous or excessive stretching or lifting for 4-6 weeks.

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Dressings:

- Leave dressings intact until they are removed in clinic. You will usually have dissolvable sutures in place- these will dissolve 1-2 weeks following surgery. It is common to have some blood strike through onto the dressings but if it appears fully soaked or leaking through, please contact your clinic for an early dressing change.
- Avoid getting the wound wet until all the dressings are removed. After they have been removed, only shower- avoid soaking your wound in the bath for 6-8 weeks post operatively.
- Observe for any colour changes to the nipples and the temperature. They should be pink and warm to the touch. Some bruising can be normal.

Aftercare:

- Wear a compression garment if advised by your surgeon and keep it on throughout most of your day for the first 6-8 weeks. You may remove when washing and then put it back on - ensuring you also sleep in it.
- Follow your surgeon's advice on how long you should take off work.
- If you notice any undue swelling, pain, bleeding, fever, or discharge from your wounds please contact your clinic.
- Do not apply anything on to your scars unless advised by your own surgeon.

Smoking:

- Avoid smoking and using any nicotine products during your recovery and this will affect your body's ability to recover and can delay wound healing.
- You should also avoid vitamins and herbals for at least 10 days.

Medication:

- Please inform staff if you take any other medications to minimise the risk of contraindications.
- Complete the full course of antibiotics if prescribed.
- Take your painkillers as prescribed- try to take regularly for the first few days- avoid any aspirin containing drugs as they will thin the blood and increase the bleeding risk. Your normal bowel action may be disrupted following surgery- you may take a mild over the counter laxative if required.

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Good nutrition:

- Fluids are critical following surgery. Stick with a light nutritious diet for the first 24- 48 hours. Following your surgery, it is important to eat foods high in protein and full of vitamins and minerals to help aid the healing process.

Emergency care:

We have a dedicated nurse on call team, you should contact them immediately if you experience any of the following:

- A high fever, (over 38c)
- Severe nausea and vomiting
- Continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Excessive bleeding leading to your dressings leaking

Details can be located in the useful contact number section below.

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Section to be completed by Ward team:

Patient Name / Insert patient sticker:		
Follow up appointment:	Date & Time	
Looking after you today:		
Useful numbers / contact information		
For Clinical assistance or aftercare information	8am-8pm: Ward nursing team	0161509 5770
	Out of hours (8pm-8am): Emergency nurse on call	0778 086 9607
General enquiries		0330 058 4455
Reschedule / arrange a post op appointment or to contact an aftercare coordinator	Patientexperienceteam@pallmallmedical.co.uk 03300 58 44 55 – select option 2 and then option 4	
Webpage:	www.pallmallmedical.co.uk/cosmetics/your-care-aftercare/	
Feedback:	https://bit.ly/pmm-feedback	