

## Post-operative Instructions

### Gynaecomastia – Male Breast Reduction

#### Bandages:

- ✓ You stay at the clinic for one day. The postoperative care involves administering medicine (analgesic, and if necessary, antibiotics and anti-thromboembolism medicine) as well as regular checks on the patient's state.
- ✓ During the first check-up, the bandages are changed and the wound is checked and rinsed with disinfectant. A new bandage is placed over the area.
- ✓ You must not remove the bandages on your own!
- ✓ In the immediate post-operative period (for one month), the elastic bandage can be taken off only for the time necessary for personal hygiene. After this, you should still wear the elastic bandage for 6 to 8 more weeks (but ideally several months) especially during a physical activity and certain strain. The bandage helps the healing process and makes moving easier.

#### Regime and Rest:

- ✓ It is vitally important to rest. **The ideal position is on the back, with the body and legs slightly elevated to reduce, as much as possible,** any post-operative complications such as bleeding, haematomas or swelling. However, some of these will appear.
- ✓ You should avoid sudden movements and physical strain. Even at home it is recommended to keep the position on the back with the body and legs slightly elevated.
- ✓ Get plenty of rest.
- ✓ Follow balanced diet.
- ✓ Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- ✓ Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- ✓ Do not drink alcohol when taking pain medications.
- ✓ Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- ✓ If you are taking vitamins with iron, resume these as tolerated.

#### Activities:

- ✓ Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- ✓ Do not drive until you are no longer taking any pain medications (narcotics).
- ✓ Do not drive until you have full range of motion with your arms.
- ✓ No heavy lifting for 4-6 weeks (this is determined by your surgeon).
- ✓ Return to work when you feel well enough. It could be 1 or 2 days after surgery or 2 weeks, depending on type of job. Stay away from any job or sport that risks a blow to your chest for at least 4 weeks.
- ✓ Avoid sexual activity for 1-2 weeks and strenuous activity for 3-4 weeks.
- ✓ Full social activities can be resumed in 10-14 days.

**Incision Care:**

- ✓ Avoid exposing scars to sun for at least 12 months.
- ✓ Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- ✓ Keep steri-strips on.
- ✓ Keep incisions clean and inspect daily for signs of infection.
- ✓ No tub soaking while sutures or drains are in place.
- ✓ Wear your pressure garment continuously for 6 weeks, (unless otherwise instructed by your surgeon).

**Massages:**

- ✓ It is possible to apply massages of the scar once the wound had been healed.
- ✓ Special lotions or gels minimising scars or haematomas can also be recommended by the physician.

**Undesirable Habits:**

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

**Possible Reactions after the Operation:**

- ✓ Normally your temperature may slightly rise for a period of two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the area operated upon.
- ✓ You might experience pain in the area of the scars. This is quite common but analgesic can ease it.
- ✓ Minimal to moderate postoperative pain (depending on how extensive the procedure is).
- ✓ Temporary loss of breast sensation or numbness, which may last up to a year.
- ✓ In about 4-6 weeks, you will be back to all of your normal activities.

**Possible Complications:**

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home
- ✓ Swelling
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.

**When to Call:**

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.
- ✓ If you have increased redness along the incision.
- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.
- ✓ If you have a nosebleed or any unusual symptoms.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

**Cosmetic Surgery Post-operative Care:**

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

**Medical Express Clinic**

117a Harley Street  
London W1G 6AT  
Tel: 02074991991

or

**Karen Marwood-Jones R.G.N.**

4 Upper Wimpole Street  
London W1G 6LF  
Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

**Judith Jobling, RGN. RM. INP. LLB (Hons)**

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep  
3 Chiltern Avenue, Flixton  
Manchester M41 8SX  
Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre. Evening and weekend appointments available. Home visits can be arranged at extra cost.