**Post-operative patient information leaflet for***:*

**Gynaecomastia**

*This is a post-operative patient information leaflet after Gynaecomastia surgery.*

**What to expect post-operatively**

In this clinic, we normally perform Gynaecomastia surgery under local anaesthetic.

*Dressings*

You will have some dressings on your chest area. A well-fitting support garment will need to be worn following surgery. You will be asked to keep your knees and hips bent to take the strain off your stitches.

*Recovery*

You will be mobile from day 1, and should be back to full exercise within 6 weeks. You are recommended to take at least 4 weeks off work immediately after the operation, depending on your occupation. There is likely to be some tenderness and swelling of the breast area for some time following surgery. You will need to avoid lifting in the early period after surgery.

*Seeing the results*

At first the skin on your chest / breasts may appear tight. This tends to settle down over the first six weeks or so after the operation as a more natural shape emerges. Most patients are delighted with the change that has been achieved, but some find their new shape is difficult to get used to. You should be prepared for this possibility.

*What to look out for*

Bleeding after surgery may cause swelling, discolouration and pain, usually on one side rather than the other, and may require a return trip to theatre. Infection initially starts with pain, redness, swelling, discharge and may cause a fever. A blood clot on the leg or the lung may cause breathlessness, chest pain or swelling and pain in the calf. If the wound is not healing satisfactorily, there may be an increase in pain, tenderness, localised discolouration or discharge. If you have any concerns after your operation that you may have developed a complication, please contact us on the numbers below.

*Important contact details*

**Clinic (during working hours) 01543 572838**

**Rachel (at any time) 07501 459453**

DISCLAIMER: This document is designed to supply useful information but is not to be regarded as advice specific to any particular case. It does not replace the need for a thorough consultation and all prospective patients should seek the advice of a suitably qualified medical practitioner.

Please keep your pressure garment, this will be necessary for any future revisions or treatment. If you do not keep your pressure garment and require one at the clinic there will be a further charge.

You must not apply bio oil to the treated area as this can increase the likelihood of infection.