



MARK GITTOS | PLASTIC SURGERY

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## GYNAECOMASTIA POST OP INSTRUCTIONS

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### GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body and a few for sleeping on your back
- Arrange to have light meals post- surgery as anaesthetics can cause nausea
- Drink lots of water post- surgery
- Bring some comfortable loose clothing with you to the hospital, preferably a front buttoned shirt
- Prepare ice packs to intermittently apply to the chest (first 48 hours) if required

### SURGICAL GARMENT

- You will wake up after surgery with your surgical garment on
- You will be required to wear the garment full-time (day & night) for the first 6 weeks
- You may be discharged from hospital with a drainage tube from each side. These will be removed by Dr Gittos or his nurse after 2 days. Be sure to keep an accurate record of drainage levels as shown to you by the nurse
- Garment may be loosened slightly for short periods of time
- At 6 weeks you may wear the garment during the day only and at night if comfortable
- You will be wearing compression socks from the hospital, keep these on for 3 days or until you are walking comfortably

### MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist

- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- DO NOT consume any alcohol while taking medications
- Only take medication that is prescribed
- Constipation is very common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery

#### **WHAT TO EXPECT**

- You should be comfortable at home however you are likely to experience heaviness, stretching and pain in the chest – a dull ache with tightness
- The pain medication prescribed will relieve it a lot but not completely
- The dull pain and pressure generally settles over the first 3-5 days
- Most of the light bruising and swelling will subside over 2-4 weeks. Incision may be pink and slightly firm and this will reduce over 6 months and fade
- You may have random electric pains for 2-6 weeks

#### **INCISION/WOUND CARE**

- You will wake up after surgery with waterproof dressings and may shower from day 7
- For showering, remove the compression garment and shower with your back facing the water or remove the shower head
- Do not saturate the dressings
- Post shower gently pat dry dressings before placing surgical garment back on
- You may very gently blow dry the dressings on a cool heat
- 6 weeks post surgery, when the tape comes off, you may massage the incision with moisturiser
- If your chest skin is excessively dry after surgery, you may apply moisturiser several times per day, ensuring the incision/suture area is kept dry
- Do not soak in a bath or go swimming
- You may apply moisturiser to the skin of the chest to help prevent dryness or irritation keeping away from the dressings and incision area
- In rare circumstances Dr Gittos may place a drain to remove any excess fluid that accumulates in the area. If so, you will go home with the drains which will be removed by Dr Gittos after 2 days. Be sure to keep an accurate record of drainage levels as shown to you by the nurse

## ACTIVITIES

- The first 48 hours; You should relax at home ensure that you have an adult with you that can help during this time
- Sleeping; Sleep on your back with your head and back supported on 2-3 pillows for the first 2 weeks and a pillow on each side
- You may sleep on your side (with a pillow to prevent you from moving) from week 3
- After 6 weeks you may sleep on your stomach if desired
- Walking; We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- Normal activities; Ease back into normal activities – most people can return to work after 7 days
- Driving; You can drive after 14 days provided you are no longer taking strong pain medications
- Smoking; You must not smoke for the first 6 weeks, doing this could lead to wound problems and poor scarring
- Lifting; no heavy lifting for 4-6 weeks
- Swimming; No ocean or pool water for 8 weeks post surgery or until the incision is fully healed
- Sun exposure; No tanning, fake tan or sun exposure to the incision until it has completely healed

## POST SURGERY APPOINTMENTS

- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to have your dressings changed and check the progression of healing
- Please make this appointment when confirming your surgery date **with Frances on 07557 858156**

## WHEN TO CALL US

If you experience any of the following symptoms you should contact us promptly;

- Constant severe pain
- Skin of chest is red and feels hot to touch
- Bleeding or constant oozing from the wounds
- One side increases in size, significantly more swollen or higher than the other
- Fever
- Side effects to medications such as rash, nausea, headache or vomiting
- Yellow or greenish discharge from the incisions or notice a foul odour

