



Gynaecomastia Post-Operative Instructions

Sutures

The 2 small stab incisions at the edge of the areolae are closed with dissolvable sutures, which do not require removal and will dissolve over a period of approximately 7 to 14 days.

For a small number of patients who have very large breasts with excess skin (D Cup or larger), they may require skin removal via an incision in the lower border of the pectoral muscle. The additional sutures will also dissolve over a period of approximately 7 to 14 days.

Dressings

I use waterproof dressings to cover the stab incisions.

You can shower as soon as you like after surgery and do not require any dressing changes until we see you in clinic. However, you will be given some spare dressings in case they fall off.

Support garments

You are required to obtain 2 compression garments, as you will want one to wash and one to wear. You will be advised as to which type and size to purchase prior to surgery. One will be applied on conclusion of the operation, so that you wake up wearing it.

They need to be worn continuously for 4 weeks after surgery, although you can remove them for washing.

Medication

During your surgery I will use a long-acting local anaesthetic block. This reduces any pain that you may have for 72 hours after surgery, but you may need additional analgesia in the form of Tylenol and ibuprofen. I will also prescribe Tramadol if you are in significant pain, but most patients do not need this. The medications should be given to you before you go home, so please check with the nurse if you do not receive anything.

You do not need routine antibiotics after surgery as gynaecomastia surgery has a low risk of infection.



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The hospital will provide you with TED garments to wear during and after your surgery to reduce the risk of a DVT in your legs. It is recommended that you continue to wear them until you are fully mobile. You may also be given anticoagulants to take if you are at a higher risk of a DVT or PE, although most patients do not require this.

Scar advice

Once the dressings are removed, I recommend that you massage the incisions using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.

The scars would also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade the scars as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in the clinic 2 weeks following your procedure, depending on the type of surgery.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the clinic/hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



Anne Dancey
PLASTIC SURGERY

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I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

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