

Gynaecomastia Reduction

Post Op Instructions



Rest

- ✓ Go home and rest.
- ✓ Elevate your head on 3-5 pillows for the first week and keep knees bent (to reduce swelling.)
- ✓ Flex calves when resting to help maintain leg circulation and reduce possibility of clots in veins.
- ✓ Overnight, remain within 1 hour's distance of the surgery in case of complications.

Bleeding

- ✓ Minor bleeding normal for first 24-48 hours post operatively.
- ✓ Heavy or prolonged bleeding or swelling on one side - contact Dr Belt on the numbers below.

Wound Care

- ✓ The large adhesive dressing covering your chest must be kept dry and intact until your return to my rooms the day after your surgery.
- ✓ The support garment is to be worn over the dressing. Bring your garment to your 1st appointment.
- ✓ Limit arm movements, no pushing, pulling or lifting.
- ✓ Any drainage is to be recorded daily - bring records to 1st visit to doctor's rooms. Do not remove drains.
- ✓ When directed by Dr Belt, apply tape to the wounds. This process continues for 3 months. Following this you will be instructed by Dr Belt to start using silicone scar gel to improve the quality of your scars.

Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
 - Increased pain, temperature and flu-like symptoms
 - Widespread redness
 - Offensive discharge coming from the wound.

Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- ✓ Try gentle exercise i.e. light walking
- ✓ Do not drive a motor vehicle for 7 days post-operatively.
- ✓ Avoid sexual activity for 2 weeks post operatively.

Emergency

At any time during office hours my Registered Nurse - Sally, is available to help with any concerns you might have pre & post operation. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.