



## Post-Operation Instructions for Gynaecomastia Procedures

### Sutures

The 2 small stab incisions at the edge of the areolar are closed with a dissolvable suture that does not require removal. It will fall out after 2 weeks.

### Dressings

I use glue dressing, which protects the wound and makes it waterproof. It is barely visible and means you can shower as soon as you like. The glue simply dissolves by about 3 weeks, meaning that you do not need to wear any bulky dressings.

### Support garments

You will be given a support garment to wear in hospital, which will be put on during surgery, so that you wake up in it. Please wear this day and night for 4-6 weeks. You can remove the garment to wash and then replace it when you are finished.

### Medication

The hospital will discharge you with analgesia as required.

### Follow up

Before you are discharged from hospital you should be given a follow up appointment with the nurse after 1 week. I normally see you in clinic between 6 and 8 weeks, although I will see you sooner if you have any problems. You should also be given some contact numbers in the event of any problem. If you have any questions or concerns about your recovery, please do not hesitate to email me ([anne@annedancey.co.uk](mailto:anne@annedancey.co.uk)) and I will endeavour to get an answer to you the same day. Obviously, if it is more urgent then please contact the ward or clinic on the hospital numbers you will be provided with. In the unlikely event of an emergency, you must phone the hospital or visit your closest NHS Accident and Emergency (A&E) Department.



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

Plastic and Reconstructive Surgeon