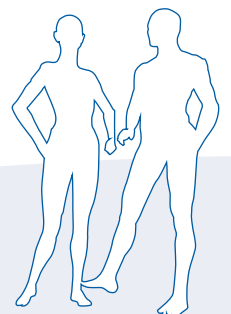


PLASTIC
SURGERY
PARTNERS



gynaecomastia





gynaecomastia

One of the most satisfactory operations for the patients and surgeons in the whole field of surgery.

anaesthetic: general

case time: 2.5 hours 1 night stay / or day case

recovery time: 2 weeks to heal, 6 weeks full activity



before



after

PATIENT INFORMATION - Gynaecomastia

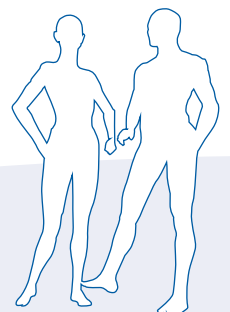
75% of adolescent males and 4% of adult males are affected to some degree.

CAUSES:

- Physiological: 75% of 13-14 years boys develop excess breast tissue at puberty. In 90% of cases it resolves within a year.
- Overweight adults.
- Hormone imbalances: Klinefelter syndrome.
- Various drugs: For example, steroids, alcohol, cannabis

Treatment

- Most young patients require reassurance only.
- Overweight patients should diet.
- In most cases no detailed hormonal studies are required.
- Surgery: -Glandular tissue requires excision by incising around the nipple-areola. Fat is removed by liposuction.
- Small number of cases are treated under Local Anaesthetic.
- Most are treated as day cases under General Anaesthetic.



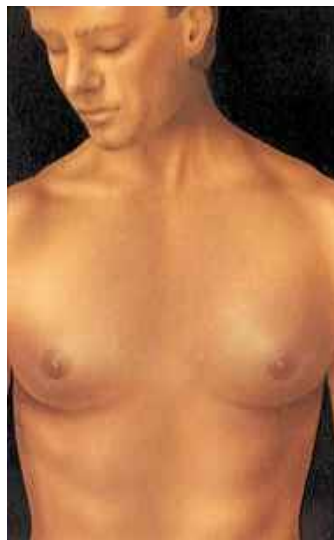


Pre-op Preparation

NO ASPIRIN OR NUROFEN to be taken 2 weeks before and after surgery.

ARNICA: To be taken for 1 week pre and post surgery.
(This tends to minimise bruising).

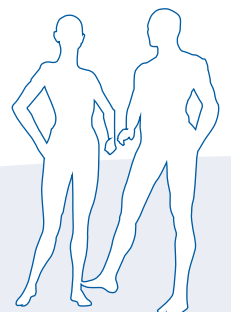
Operation for Gynaecomastia



By Incision around Areola



By liposuction





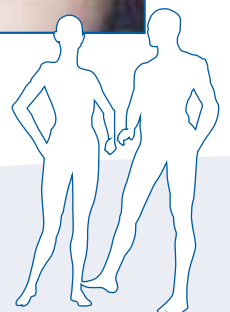
The Operation With Liposuction

- ☑ Older overweight patients.
- ☑ Less pain.
- ☑ Quicker recovery.
- ☑ No drains.
- ☑ Pressure bandaging is used for 3 weeks after operation.
- ☑ The technique using only liposuction is less invasive but has more limitations: Uneven or unequal reduction when comparing both sides.
- ☑ Skin excess may not contract.

The Operation With Excision

- ☑ Breast tissue is hard, therefore can not be 'sucked' out by liposuction.
- ☑ Easy to over reduce: This produces a flat or hollow chest.
- ☑ Nipple sensation may be lost.
- ☑ Often surgical excision of glandular tissue is combined with liposuction to bevel edges of excision.
- ☑ Drains are left in place for 24 hours minimum.
- ☑ Sutures removed at 7-10 days.
- ☑ The breast feels tender with bruising after operation. Some degree of pain is present for 2-3 weeks. This is controlled with mild pain killers (Paracetamol. No Aspirin).
- ☑ 6 weeks to return to full physical activity.

————— Example of Pre-op and Result by Liposuction —————





Possible Complications

- Swelling (3 – 6 months to settle)
- Bruising
- Haematoma / Seroma
- Some rumpling of skin (dimples / ridging)
- Asymmetry
- Numbness (4 – 6 weeks to settle)
- Loose skin

Discharge information

- You will be given an appointment to see the nurse in the dressing clinic in Harley Street for 7-10 days following surgery for removal of your dressing and stitches.
- You will need to wear your support garment, all day every day for 4 weeks, to help to reduce any swelling. You may remove it for baths/showers, and to wash it.
- Most of your swelling will be in the first 24/48 hours following surgery, then it should slowly begin to subside. Note that the swelling is a little slower to subside in warmer conditions.
- Bruising may take approximately 10-14 days to resolve, and the swelling 6-8 weeks sometime longer.
- Arnica '30' tablets should be taken for a further 10 days post surgery if desired.
- No strenuous exercise or yoga for 4-6 weeks, and no swimming for 2-3 weeks following surgery.
- When your stitches have been removed you may have a bath/shower, ensuring to dry the scars thoroughly with a towel.
- You may apply minimal amounts of vitamin "E" oil to the scars to help them to fade, and to soften scar tissue. However, with this type of surgery the scars are very small in size.
- An outpatient appointment will be made for you to see the consultant 4-6 weeks following surgery.
- During the first week after the operation should you experience severe pain, unusual swelling, bruising or oozing from the wound or develop a fever, you must inform the practice at the earliest opportunity.

Any problems, please contact Plastic Surgery Nurse Practitioner , Mon-Fri 8-5p.m.

LONDON

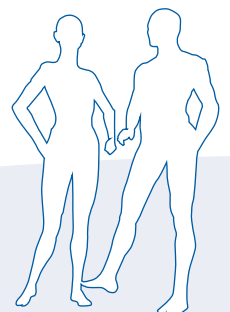
Telephone 020 8735 6060 to speak with one of the nursing team.

If urgent (evenings and weekends) please contact The West London Clinic on 020 8222 7999 and they will get in touch with the consultant or nurse.

WALES

Telephone the Nurse in Charge – Ward One 02920 732 800

Telephone the Nurse in Charge – Ward Two 02920 732 810



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