

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Department of Plastic and Reconstructive Surgery Ward L5

Patient Discharge Information Gynaecomastia

Document history

Authors	Lisa Brignell
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
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Discharge information

You will be discharged from hospital approximately one to two days after your operation.

Your wound dressing will stay in place when you go home. On discharge you will need to see your practice nurse for wound review in approximately one week post surgery. It is your responsibility to make this appointment.

You will leave hospital with either a binder or a compression vest on. You will need to wear this day and night for six weeks. You can request a spare binder although they are hand washable.

Showering and bathing activities should be discussed with your consultant.

An appointment will be sent to you in the post to attend the outpatients department in about four to six weeks time to see your consultant or a member of his team.

Depending on your type of work it is recommended you have approximately two to four weeks off work. The ward can issue you with a sick certificate upon request or you can get one from your GP.

Discharge advice

Pain relief – Some discomfort after surgery is to be expected. You may have been given pain killers on discharge. Continue taking these as instructed on the packet. If you did not receive painkillers on discharge, it may be because you did not require any at this time. In this situation, if you do require pain relief paracetamol is advised.

Driving – You should avoid driving for four to six weeks. You should check with your insurance company to confirm your insurance remains valid.

Household tasks – You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually.

Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

If any of these symptoms occur, contact your GP or Ward L5 on **01223 348503** for advice. If an infection does occur antibiotics may be prescribed.