

CHEST SURGERY:

Excision of Breast Tissue for Treatment of Gynaecomastia +/- Liposuction

What to Expect

OPERATION DURATION

This surgery is performed under General Anaesthetic and takes approximately 2-5 hours.

HOSPITAL STAY

Depending on your recovery, you will be in hospital for 0 - 1 nights. Everyone is different, and your recovery will be tailored to your needs.

Dr Taylor will not be in to visit you every day whilst you are in hospital - he will phone your nurses for daily updates and provide over-the-phone instructions. He will come in to see you if you have any issues.

HOW LONG SHOULD YOU BOOK OFF WORK

This depends on your profession: if you work in an office/ non-strenuous job, 1-2 weeks; however, if you have a physically demanding job, approximately 6 weeks, depending on the type of work. Your specific requirements will be discussed with you on an individual basis.

If you require a medical certificate, please email admin@drduncantaylor.com.au.

What Complications May Occur After This Procedure?

GENERAL POSSIBLE COMPLICATIONS OF ANY PROCEDURE

- Bleeding
- Infection at the surgical site
- Allergic reaction to equipment, materials or medication
- Blood clot in your leg or lungs
- Chest infection
- Acute kidney injury

SPECIFIC POSSIBLE COMPLICATIONS OF THIS PROCEDURE

- Wound healing problems - wound has delayed healing and may open up (dehiscence)
- Lump developing under your wound caused by blood collecting (haematoma)
- Lump developing under your wound caused by fluid collecting (seroma)
- Developing a hard lump in the breast (fat necrosis)
- Asymmetry
- Contour irregularities at the donor (usually legs and/ or thighs) and recipient site (breast/s) - liposuction

CONSEQUENCES OF THIS PROCEDURE

- Discomfort, bruising and swelling (temporary)
- Scars on the chest (around the nipple)

How to Prepare for Your Procedure

FASTING

You are required to fast for a General Anaesthesia. You cannot have any food or fluids (including lollies, chewing gum) 6 hours prior to your surgery.

You can have some sips of water only up to 2 hours prior to your surgery and then nothing at all after this time.

If you take regular medication, please check with our nurse to see if you should be taking your medication in the lead up to/on the day of your surgery. Some medications should be withheld.

THE MORNING OF SURGERY

You will be asked to arrive at the hospital approximately 2 hours prior to your surgery start time - Our Practice Manager will provide you with your admission information (time/where to go) 1-2 weeks prior to your surgery date.

Dr Taylor will see you in the pre-operative area before you go into theatre. He will mark out your breasts for your surgery. This process must be completed whilst you are awake, as he requires you to be standing.

PRE-OP WASH

Please purchase a pre-op chlorhexidine wash from the pharmacy. Use this whilst showering, the night before and the morning of your surgery.

DRAINS

You will not routinely have any drains.

SUPPORT GARMENT

You will need to purchase surgical compression garments prior to your surgery. Our clinic will provide you with information on the garments you will require.

Please bring these with you on the day of surgery - bring them into the theatre.

Wear your garments 24/7 for 4-6 weeks (including in the hospital). You can remove the garment to shower.

Post-Operative Instructions

ACTIVITY

You can get up and moving the same day after your surgery, once you have recovered from your general anaesthetic. Please do not do any physical activity or heavy lifting over 10 kgs for 4-6 weeks. No rigorous activities including tennis, horse riding, golf or aerobics for 8 weeks. After this time you can ease back into your usual activities.

You can drive after approximately 1 week or when you feel able.

PAIN RELIEF

You should not be in significant pain after your surgery. Your anaesthetist will prescribe regular pain relief to take on the ward post-surgery. If you have pain on top of this, you should ask for additional pain medication, which will be prescribed on your drug chart should you need it.

You will not be discharged from the hospital until your pain is well managed on oral medications. Please take paracetamol regularly. If you have severe pain that is not responding to the pain relief, please phone our nurse during office hours.

Please do not put ice or heat packs on your wounds.
Do not take aspirin.

ANTI-INFLAMMATORIES

You may be prescribed some anti-inflammatories while in hospital and also be discharged with some. Please take the entire course, even if you are not in pain. Please take this medication as prescribed on the box by your anaesthetist.

ANTIBIOTICS

You may be given a 5 day course of oral antibiotics.

BLEEDING

If the wound starts to bleed, please apply firm pressure for 15 minutes. If a dressing is in place, please do this over the top of the dressing (do not remove the dressing).

This should control the bleeding. However, if it is not easily controlled or does not subside, please phone our nurse specialist during working hours, go to an after-hours GP clinic or visit an emergency department.

INFECTION

If your wound becomes hot, swollen, oozes pus, or you are spiking temperatures, the wound may be infected.

Please phone our nurse immediately within business hours or attend your GP, after-hours GP or Emergency.

REMOVAL OF SUTURES

Sutures routinely used during these procedures do not require removing and will dissolve on their own.

WOUND & DRESSING CARE

Open excision sites: Your wounds will be covered with surgical tape and glue, this is waterproof, and you can shower as normal and pat dry. After approximately 3-4 weeks, gently peel the dressing off.

Liposuction: Your wounds will be covered with Steri-Strips and simple dressings. Sponge bath to avoid getting these dressings wet. After 2 days, you can remove the simple outer dressing, though leave the Steri-Strips intact. You can then shower, pat the Steri-Strips dry and leave to air dry completely before getting dressed.

Do not immerse the wound in water, i.e. swimming or having a bath for 4-6 weeks or until the wound is completely healed. Bruising takes around 2-3 weeks to resolve, and swelling can take up to 3-6 months to resolve completely.

SLEEP

Do not sleep on your stomach for 6 weeks.

MASSAGING FOR SCAR REDUCTION

Commence massaging your scars once your dressings are removed and wounds have healed, approximately 3-4 weeks post op.

It is recommended that you massage your scars with a good moisturiser (e.g. Sorbolene or QV) or Bio-Oil for 2 minutes, twice daily. Wipe off any excess product, then apply either:

- A silicone gel (e.g. Strataderm), which dries to form a protective film over the scar, or
- Silicone tape.

Continue this treatment for 3-6 months.

Other Useful Tips

The power outlet in your hospital room is often quite far away from your bed. We suggest bringing a long charging cable for your phone, so you can keep it in reach.

Follow Up

Dr Taylor will be in contact with the nurses looking after you on the ward. If you are well post-op, he will discharge you after speaking with your nurse over the phone. He will only come in to see you on the ward if you are having any issues. Our nurse will phone you the day after discharge to check in on you (this call may be after hours).

If you are concerned at all or have any questions, please phone our clinic to speak with our practice nurse.

Follow up appointments:

- 5-10 days after your procedure post surgery wound check in our nurse clinic.
- 6 weeks post surgery review in Dr Duncan Taylor's day clinic.