

Gynaecomasty

Instructions for the Patient

Before the Intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke after midnight.
- Taking Aspirin (or any other medication containing acetyl salicylic acid) is forbidden during the ten days before the intervention;
- No alcohol 2 days before the intervention;
- On the day of the operation, you are advised not to wear any make-up, nor any nail varnish.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any **jewellery** OR **piercings**.
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

For a gynaecomasty, it is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (30€).

After the Intervention:

- After the intervention, a specific compression bandage must be worn for a month, day and night. The panty can be briefly taken off after 48 hours, for a quick shower.
- Waterproof dressings are placed after the intervention in order to protect the stitches. They will be removed at the same time as the stitches, i.e. a fortnight after the intervention.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg, three times a day and, possibly, Oxynorm instant 5mg, twice a day. This latter medication should be discontinued in the event of nausea.
- Antibiotics will be prescribed for you and must be taken two times a day until the box is empty.
- An oedema will appear after the operation, but it will disappear of its own accord. This may take a couple of weeks.
- The stitches will be removed after a 14 days, by your doctor or at Beclinic. Sometimes no stitches have to be removed as the scar will be glued. This will be mentioned in your personal letter given after your surgery.
- Once the stitches have been removed, the doctor will place some steristrips and a waterproof dressing, which will be removed after three days. The scars can be massaged with Cicalfate (Avène) or Alhydran cream. One month after the surgery, a silicon dressing (of the "Bapscarcare", "Cerederm" or "Dermatix" variety) can be applied in order to encourage the healing process. The scars absolutely must be kept out of the sun for at least a year.
- You are advised not to carry any heavy objects nor to practise any sport for four weeks after the intervention.
- Eight weeks after the intervention, a check-up at Beclinic is advised.

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