

Post Operative Instructions

**CORRECTION OF GYNAECOMASTIA**

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Always clean your hands before touching or caring for your wounds
4. The day following the surgery remove the binder and you can shower lightly over the dressings (do not remove the dressings). Replace binder after patting area dry
5. Please sleep on your back rather than on your side as this will be more comfortable
6. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides
7. Please rest for the first few days after your operation
8. Notify us if there is excessive pain, swelling, or bleeding from the chest
9. If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead

Follow up appointment: .....

at:  Kogarah Rooms  Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.

