

Correction of Gynaecomastia Information Sheet

You will soon be having a correction of gynaecomastia by A/Prof Damian Marucci. The purpose of this surgery is to decrease the prominence of the tissues of the chest under and around the nipple. The surgery is performed under general anaesthesia – you will be completely asleep. The operation takes around 60 – 90 minutes and you can go home the same day.

Before the Surgery

- You will need to stop all blood thinner medications before the surgery. Let A/Prof Marucci know which blood thinners you are on. You will be told when to stop these types of medicine and when you can recommence them after surgery.
- You will be told a few days before the surgery when to be at the hospital and when to stop eating and drinking.

The Surgery Itself

- On the day of the surgery, A/Prof Marucci will first draw on you to make a plan for the surgery.
- You will be taken into the operating theatre and the anaesthetist will make you go to sleep by giving you medicine through a drip.
- A/Prof Marucci will then put local anaesthetic solution into the tissues of the chest. A 1.5 - 2.5 cm incision is then made in the armpit. Liposuction is performed through thin hollow tubes to remove fat. Through the same incision, the excess glandular tissue underneath the nipple is removed and sent to the lab for analysis. The incision is then closed with dissolving sutures. Dressings are placed on the wounds.
- A chest binder is then put on – this is like a stretchy corset that does up with Velcro in front of the chest. The chest binder applies gentle pressure to the chest area to prevent the build-up of fluid.

After the surgery

- You will go home on the day of the surgery. Take it easy when you get home. Leave the dressings alone. You can remove the chest binder the day after the surgery and shower normally using soap and shampoo. The dressings on the wounds can get wet the day after surgery. Pat the dressings dry after your shower and then put the binder back on.
- The local anaesthetic will last for a few hours. You will be given painkillers to go home with.
- If there is any bleeding from the wound, put firm pressure on the bleeding area for at least 10 minutes with clean tissues. This should stop 99% of all bleeding. Look at the clock and make sure it is a full 10 minutes. If the bleeding hasn't stopped after 20 – 30 minutes of pressure, let the rooms or A/Prof Marucci know.
- If there is spreading redness / increasing pain / signs of infection, please let the rooms or A/Prof Marucci know.

- You will see A/Prof Marucci a week after the surgery. He will remove the dressings and inspect the wounds
- You need to wear the chest binder day and night for 3 weeks after the surgery, and then just wear it at night for another 2 or 3 weeks
- No swimming and no exercise for 3 weeks after the surgery. Nothing “for” exercise (you can walk – but not for exercise)