

## Enlarged male breast tissue

These instructions are intended for printing. The instructions contain sections to be filled in.

### Procedure

Enlarged male breast tissue (Gynecomastia) refers to the enlargement of the glandular component of the male breast. The operation is usually carried out under general anaesthesia. A male breast reduction operation involves removing excess glandular and/or fatty tissue from the breast and sometimes excess skin.

### Recovery

You may move about as much as you feel able to immediately after the operation. However, try to avoid lifting your arms above a 90 degree angle for a period of two weeks. Avoid heavy lifting and carrying for 1 to 2 weeks. After a month, if you feel well enough, you may get back to your physical exercise routine. After the operation, you will be fitted with a compression vest. You should wear the vest day and night for 7 days, and after that only in the daytime for a further 7 days.

### Wound care

You can remove the thicker surgical dressings on top of the wound the day after the operation, after which the wound may be washed under a shower. Your wounds are protected with surgical tape. Replace any loose and dirty tape with clean ones. The tapes should be replaced at least once a week in any case. You may take a shower the day after the operation. However, sauna and swimming are not recommended until your wounds have healed.

Surgical tape (Micropore) is used for 1 to 2 months. The tape protects the wound from chafing and supports the wound edges. Surgical tape may also help to prevent the formation of excessive scar tissue.

### Pain management

We recommend you take painkillers regularly for 1 to 4 days and after that as needed:

Paracetamol

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Anti-inflammatory painkiller

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Other medicine

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Follow-up check 1 to 2 months later

Sick leave 1 to 2 weeks

### Contacting us

If you have symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous purulent discharge from the wound) or some other problem, please primarily contact the unit that treated you:

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.