



PATIENT AFTERCARE GUIDE

GYNAECOMASTIA

CHEST GYNAECOMASTIA

Your full, personalised advice will be given by your surgeon specific to your individual needs and you will receive written instructions prior to your surgery but here is a brief overview.

Can I go home the same day?

Yes, gynaecomastia surgery is usually carried out as day case surgery and you will go home the same day.

When can I shower?

You can shower the day after your surgery. Your dressings are shower-proof so just gently pat them dry afterwards.

Do I need to sleep on my back following surgery?

Yes, we recommend sleeping propped up with an extra pillow or a V pillow for up to 2 weeks.

When are my dressings and sutures removed?

You will have shower-proof dressings in place which will be removed at your 1-week follow-up appointment. The sutures are usually dissolvable so will not need to be removed.

Will I have bruising?

There will be bruising and swelling across your chest following your surgery, this will settle over the next few weeks.

How long will it be before I see the final results?

There may be some lumpiness and the scars will be firm in the first few months. Your full results will be evident when this settles, which takes around 3 months. Scars take up to 12-18 months to fully mature.

How long do I need to take off work?

We recommend up to 2 weeks off work and longer for more physically active jobs. Home based office jobs can be sooner.

Can I still exercise?

Any form of physical exercise, particularly gym-based exercises that uses the chest muscles should be avoided for the first 6 weeks and very gently build up from there over the next few weeks.

Can I drive after surgery?

We suggest around 2 weeks before you can drive. Check with your car insurance that you are covered.

Who do I contact in an emergency?

We give our patients a direct number for your surgeon on discharge. You can use this if you are concerned about anything overnight. We give you a call the next day to check on you, and you can contact the clinic between your follow-up appointments.

Do I need to buy a support garment?

We provide you with a support garment following your surgery which we fit on the day.

How long do I wear the support garment for?

Apart from showering, we recommend that you wear it day and night for up to 6 weeks.





IMPORTANT NOTICE

This aftercare guide provides general information to support your recovery following treatment at LASE Cosmetic. Every patient is different, and your clinical team will provide personalised guidance specific to your procedure, health, and circumstances.

Always follow the specific verbal and written instructions given to you by your consultant or practitioner. If there is any conflict between this guide and your personal aftercare instructions, follow your personal instructions and contact your LASE clinical team to clarify.

This document does not replace medical advice. If you are ever in doubt about your recovery, please contact us.