

# Available Procedures At Manchester Private Hospital

## BREAST SURGERY

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

## BODY SURGERY

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

## FACE SURGERY

- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery



MANCHESTER  
PRIVATE HOSPITAL

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# Post-Operative Advice Male Chest Reduction/ Gynaecomastia

## WHEN IS MY MEDICATION NEXT DUE?

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

Excellent  Trustpilot

## CONTACT US

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 0161 507 8822

 manchesterprivatehospital.uk

[manchesterprivatehospital.uk](http://manchesterprivatehospital.uk)

For any Post Operative Queries

**0161 507 8822**

# THE MANCHESTER PRIVATE HOSPITAL

## GYNECOMASTIA POST OPERATIVE CARE PROGRAMME

### PAIN

It is normal to experience pain, discomfort, and skin sensitivity once the local anaesthetic has worn off the following day after surgery. We will provide pain relief such as Paracetamol and Codeine which can be taken as prescribed by your surgeon. Take this as advised to help ease discomfort. Remember medication that contains codeine can lead to constipation, dizziness and nausea so please stop when they are no longer required. Drink plenty of fluids and eat a varied diet including fruits and vegetables this will help avoid constipation caused by codeine and anaesthetic medication. Please avoid Ibuprofen for the first week following surgery as it can cause bruising and increase risk of bleeding.

### ANTIBIOTICS

You will be given antibiotics for between 5-7 days after surgery please complete the course. If you experience any allergic reaction to the medication, please stop the medication immediately and seek medical attention. The antibiotics help reduce risk of infection. If you do experience symptoms of infection such as high temperature, or wounds that do not heal properly please call us for advice.

### SMOKING/ALCOHOL

Smoking (nicotine) needs to be avoided for 3 months post op as can reduce the blood supply to the skin causing infections and poor healing. Avoid alcohol also for 7 days post operatively as this can also cause the blood to become thinner.

### AFTER YOUR SURGERY

Keep the garment smooth and wrinkle free. Do not drive after the procedure and whilst taking prescription medication such as codeine as it can slow down your reactions. Please do not drive until at least 7-10 days after surgery.

### GARMENTS

Wear the compression garment for 6 weeks after surgery. Please inform us of any sudden, pain or swelling/bruising as this can be an indication of a hematoma / collection of blood under the skin.

**Wear your anti thrombosis stockings for 2 weeks to reduce risk of DVT following a general anaesthetic. If you have had a local anaesthetic, you may remove them after 1 week or once you are back to normal daily activities and mobilisation.**

### WOUND CARE

You will have dressings in place for one week after surgery these will be removed and any dissolvable sutures trimmed by your nurse at your review appointment.

**No exercise at all for 6 weeks, except walking. Avoid heavy lifting for at least 4-6 weeks.**

### EMERGENCY.

Please remember the hospital is a day hospital and is not open 24 hours per day. We try our best to answer your calls but in an emergency such as sudden chest pain, breathlessness, spike in body temperature, sudden bleeding that won't stop or sign of deep vein thrombosis such as calf pain and swelling you must attend A&E.

### EMERGENCY

**IN CASE OF AN EMERGENCY AND NOT ABLE TO CONTACT OUR NURSING TEAM, PLEASE CALL 999 AND ATTEND ACCIDENT AND EMERGENCY**