

Service: Breast Reconstruction

# Gynaecomastia information on post-surgery garments



To help you prepare for your Gynaecomastia surgery, one of the essential items that you will need to bring with you, into hospital, is a firm control support vest.

The reason for wearing this type of vest is to flatten and support your chest during the healing process following surgery.

Prior to your surgery you will need to be measured and fitted with a post-operative support vest.

On day one following your surgery you will start wearing your support vest. The vest will be fitted by the ward nurse to ensure that it fits correctly.

You will then be required to wear to wear the vest 24 hours a day for the next three months after you surgery, so you may wish to have more than one vest.

If you have any further questions or need advice regarding post-operative underwear, please contact one of the Breast Reconstruction Nurse Specialists - contact details are on the back page of this leaflet.

**Here are some examples of the type of vest we advise our patients to wear.**

[www.DesignVeronique.com](http://www.DesignVeronique.com)

#640

Adjustable Compression Vest

Sizes: S - 4X

Colours: Black, White



[www.jobskin.co.uk/default.aspx?pageid=2101](http://www.jobskin.co.uk/default.aspx?pageid=2101)

Double reinforced from panels

Adjustable straps for correct fit

Wide elastic waistband



**PATIENT  
APPROVED** 

**How to contact us:**

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**Plastic surgery Breast reconstruction team**



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[www.nbt.nhs.uk](http://www.nbt.nhs.uk)

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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