

GYNAECOMASTIA SURGERY PROCESS

Consultations

Current legislation requires two consultations are undertaken before a date for plastic and cosmetic procedures are confirmed including a 7 day cooling off period. One of these consultations must be in person, the 2nd consultation can be held virtually.

During these consultations you will discuss:

- Your functional and aesthetic goals and the options available.
- View representative before / after photographs
- Have your own "before" photographs taken

Booking your surgery date

When you are ready scan this qr code or visit:



<https://naveensomia.snapforms.com.au/form/surgery-date-request>

Here you can let us know your preferred time frame and any special events coming up. Gynaecomastia surgery requires a minimum of 4-6 weeks off work depending on the type of work you do. Whilst we try to accommodate date requests they cannot be guaranteed based on availability. Please discuss your return to work with Dr Somia.

Note: A deposit of \$1050 (includes processing fees) is required within one month.

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ASAPS Australasian Society of
Aesthetic Plastic
Surgeons™
Excellence in cosmetic surgery™

Dr Naveen Somia - Specialist Plastic Surgeon

MBBS PhD FRACS | Reg MED0001189889 | P 02 9387 2110

info@naveensomia.com.au | Bondi Junction | Bella Vista

ABN 20 204 195 865



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What's involved in preparing:

- Have a blood test and ecg to check your general health
- Get clearance from any specialists ie cardiologist, haematologist
- Additional consultation with Dr Somia to review your preoperative tests and finalise your procedure.
- Complete hospital admission forms and payments.
- Organise your recovery station with handy things nearby within easy reach
- Let us know if you require a medical certificate for time off work
- Arrange care of any plants, children, pets (remember no lifting)
- Speak to your gym about putting a hold on your membership while you recover.
- Speak to your carer about any assistance you will require and advise them of the rollercoaster of emotions you are likely to experience during your first post operative days. Anaesthetic can have a strange effect on the emotions.

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FAQS

When are the fees due?

When are the fees due? Dr Somia's fees are due 3 weeks before surgery. Anaesthetist and Hospital fees are due the week before surgery. Self funded or cosmetic patients should refer to their hospital estimate for payment requirements.

Prepare for recovery

- Eat well, hydrate, exercise, get plenty of rest
- Arrange your recovery space and organise someone to help you.
- Print post op instructions from patient info page for easy reach

Hospital Admission and Stay

The hospital will advise fasting and arrival times the afternoon or the friday afternoon before your surgery. Gynaecomastia surgery requires an overnight stay. You will need someone to collect from hospital when you are discharged.

Post Operative Care when you get home

You will wake up in a compression garment and this is to be worn 24/7 for a minimum of 6 weeks. The day after you return home you will receive a wellbeing call from our team. LED light therapy treatments will be arranged twice a week for the first 2 weeks after surgery to increase healing time and reduce swelling and discomfort. Your first visit with Dr Somia is usually one week after surgery where he will remove your stitches, and advise you on ongoing post operative care including scar management. You will continue to see Dr Somia at regular intervals for the next few months.

Receipts

At your first post operative visit you will receive your receipt.

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