

Gynecomastia Post Operative Care

Post Operative Medication

1. Please take the medications as directed. Antibiotic medication (if prescribed) is taken until all of the pills are finished. Pain medication is taken as needed. Never take medication on an empty stomach.
2. You may NOT drive while taking the pain or muscle relaxant medications.
3. Advil, or any other type of non-steroidal anti-inflammatory medication is not recommended for the first 5 days after surgery.
4. DO NOT take your prescribed pain medication with any other type of pain medication at the same time.

Post Operative Vest

1. The compression vest is to be worn for one month post surgery.
2. Please do not remove your vest after the surgery. The office staff will help you remove the garment on your first post-op visit.
3. If you choose to wash your garment, please hand wash or machine wash on the delicate cycle and hang to dry.
4. Please wear your compression vest day and night for 1 month and only remove it when showering or laundering (unless otherwise instructed).

Post Operative Dressing & Incisions

1. If dressings are in place please leave them intact until office staff removes them.
2. It's very normal to have some drainage or seepage from the incision line during the healing period.
3. If removable sutures are in place, your nurse will remove them when they are ready, usually by post op day 10.
4. Steri-strips will be placed over the incisions. Do not remove them unless otherwise instructed. These should be allowed to peel off on their own. Edges that are lifting may be trimmed with clean scissors.
5. You may start applying scar creams to the incisions after 3 weeks if the incision line is well approximated and there are no open wounds or scabs.
6. Incision lines and final results may take up to about a year. Sometimes sutures take time to dissolve, and they may reach the surface of the skin. This is normal and you may gently trim them.

7. Please call the office if you have excessive pain, excessive bleeding, notice signs of infection or have a rise in temperature above 100°F/37.5°C.

Post Operative Exercise/Activities

1. Please refrain from exercising for 4 weeks post surgery. *Absolutely no heavy lifting for 4-6 weeks.* We will follow up with you at post-surgical visits to answer any specific questions regarding exercise.
2. Do not drive until you have full range of motion with your arms.
3. Please refrain from showering for at least 48 hours post surgery. No ocean water, jacuzzi, or pool water for 8 weeks post surgery or until the incision is fully healed.
4. No tanning or sun exposure to the incision until the incision has healed completely, but we recommend no exposure for at least 12 months. Use an SPF of 30+ if sun exposure is unavoidable.
5. Remember to move your feet back and fourth for 1 week post surgery to help with circulation/prevent blood clots. Start walking as soon as possible.
6. Remember to do the deep breathing exercises for 1 week post surgery.
7. Do not smoke, as smoking delays healing and increases the risk of complications, in particular nipple necrosis.
8. Return to work when you feel well enough. This could be 1 or 2 days after surgery or 2 weeks, depending on type of job. Stay away from any job or sport that risks a direct impact to your chest for at least 4 weeks.
9. In about 4-6 weeks, you will be back to all of your normal activities.

What to Expect?

1. Minimal to moderate postoperative pain (depending on how extensive the procedure is).
2. Areas on the chest will feel numb and will take a long period of time to regain full skin sensation. Its normal to feel burning and soreness during the recovery.
3. You may expect to be bruised for a few weeks and swollen for a few months. You may have significant swelling of the lower extremities.
4. The first month post surgery most patients may notice a 50% reduction of the area treated. It takes time for the swelling to resolve (6 months – 1 year to see the final result).

For Questions or concerns, please call the office at 754-2681 or email info@drshaneseal.com