



## GYNECOMASTIA POST-OP INSTRUCTIONS

**NORMAL SYMPTOMS:** It is normal to experience, bruising, swelling, and some degree of discomfort following surgery. These conditions will lessen each day. Expect some loss of feeling in nipple and breast skin. Numbness will fade as nerves heal over the next six weeks or so. Ice packs can help reduce swelling and discomfort.

**SUPPORT GARMENT:** You will need to wear your support garment at all times for the next 4 weeks following surgery except when bathing or laundering. The garment will help reduce swelling and give support during the healing process.

**DRESSINGS/SHOWERING:** You may shower 48 hours after your surgery. Tegaderms (a clear plastic tape) and glue are usually placed over your incisions. You may use soap and water over these and dab the area dry. With time as they begin to peel, trim only the peeled portions. Do not remove the entire tegaderm unless it is loose. If no tegaderm is on the incisions apply bacitracin twice daily until sutures are removed.

**DRAINS:** You may have drains put in during surgery. If you do have drains put in place we will give you a drain care sheet to take with you.

**SOAKING:** DO NOT get into a bath tub, hot tub or swimming pool for at least 2 weeks following surgery because soaking can cause wound healing issues.

**ACTIVITY:** Avoid heavy lifting for a few weeks. As you begin to feel stronger, gradually increase how much you do, stopping when you get tired or if discomfort increases. We recommend that you wait with any physical activity until your 1st post-op visit. After your visit, you may gradually begin light exercise as tolerated. Walking is a good way to start and as your comfort level improves you may try more vigorous exercise. We encourage you not to do any aerobic activity until you are about 4 weeks post-op.

**DRIVING:** You may begin driving after your 1st post-op appointment ONLY if you are no longer taking prescription pain medication. You should feel comfortable enough to be able to wrench the steering wheel from side to side if you need.

**RETURNING TO WORK:** Returning to work will vary between patients depending on the type of job. Generally patients are off work 1-2 weeks if the job is fairly non-physical. If the job demands physical labor, you may want to take more time off. You can discuss this issue with your physician and get the necessary paperwork at that time.

**SCARS:** Scars take at least 1 year to fade and flatten. During this time, it is better that you protect them from the sun. NO exposure for the first 3 months. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. It is imperative that you wear a sunscreen with a skin-protective factor (SPF) of at least 30 at all times.

**NAUSEA/CONSTIPATION:** It is important for you to have someone stay with you the day of the procedure. Nausea and/or vomiting may occur while taking oral antibiotics or pain medications. Should this happen, take your medications with food. If you experience constipation, we suggest eating foods that are high in fiber and drink plenty of water (You may try over-the-counter stool softeners). Call our office if these symptoms persist

**WHEN TO CALL:**

- If you develop significant bruising across the chest
- If you experience a significant increase in pain and tenderness
- If you develop a temperature above 101° F
- Pus-like drainage
- If you develop redness (like a sunburn) and warmth around your incisions