



Post-Operative Instructions For Gynecomastia

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

Medications:

1. No Aspirin or medicines that contain Aspirin*, NSAIDs, including Ibuprofen (Advil and Motrin), naproxen (Aleve) for two days after your surgery. These medications can interfere with blood clotting.
2. Fill all prescriptions given to you after surgery when leaving the hospital and take as directed.
3. While taking narcotic pain medications, be sure to include an over-the-counter stool softener, and increase your daily fiber intake. Avoid alcohol while taking narcotics.
4. Medication will be prescribed for any pain you may have. However, you may also take any Tylenol products. NOTE: DO NOT take more than 4000mg acetaminophen/Tylenol containing products per day.

Post-Operative Instructions:

1. A responsible adult must provide transportation for you following surgery.
2. You may wake feeling pressure in your chest. This is normal. Continue to breathe deeply.
3. You are encouraged to walk around the house after surgery and several times daily thereafter, in order to help prevent clots from developing in the legs and to prevent constipation.
4. You will want to sleep on your back for at least the first 2 weeks after surgery. Initially it may be difficult to raise yourself from a lying to sitting position. Allow someone to help you as needed. If you are alone, gradually move to the edge of the bed and put your feet over the edge. Then, gradually raise yourself up.
5. Cold compresses may be applied to breasts, for no more than 15-20 minutes at a time to help alleviate pain. Be sure to place a washcloth between your skin and the cold compress in order to avoid an ice burn to skin.
6. Post-operatively you will be placed in a surgical bra that has Velcro in the front or ACE wrap. This will be left on until your first follow-up visit, which will be 1-3 days after surgery. We will remove bra and/or dressings at this appointment. Your sutures will be removed 7-10 days post surgery.
7. After your first follow up visit, you will be instructed to take a shower. No baths at this time. You may be given an ACE wrap to wear around your breast to help with swelling.

8. You will want to continue wearing soft, non-wire bras that clasp in the front for the first 6 weeks.

General Information/Commonly Asked Questions:

1. We advise patients to wait to purchase new bras until 8-12 weeks post-operatively. This is so that the sizing is accurate after swelling has resolved and implants have settled. We advise no underwire bras to be worn for at least 6-8 weeks, in order to allow incision to heal adequately.
2. Sensation changes are very common in the nipples and scar areas. You may experience numbness or tingling or may be extra sensitive, due to regeneration of the nerves. The areas should return to baseline sensation within 3-6 months.
3. Patient is permitted to begin driving once you are no longer taking narcotic pain medications and can safely and comfortably maneuver the car.
4. You may submerge in water at 3 weeks post-op as long as you do not have any open wounds. It is best to wait at least 1 month before getting in a hot tub because they typically harbor more bacteria than pools.
5. The possibility of re-bleeding exists for 10 day after any surgery, so keep this in mind when doing any activities. It is important that you not engage in any strenuous activities in the first 3 weeks after surgery. However, it is important to move your body and arms even when it is still uncomfortable to do so, in order to keep them from getting stiff. Do not lift anything over 20lbs in the first 3 weeks.
6. When you do resume exercise, you should wear a tight, supportive sports bra to minimize bouncing of the breasts.
7. The skin of your breasts may become shiny. This is a result of the swelling that occurs after surgery. Within a few weeks, the swelling will subside and the skin will look more normal.

Refrain from all nicotine products. Nicotine interferes with healthy circulation and may affect the result of your surgery.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office during regular business hours at (864) 214.5232. If you have urgent concerns after office hours, call the number you were given during your appointment. In case of emergency, call 911.