**INSTRUCTIONS FOR PATIENTS AFTER GYNECOMASTIA SURGERY**

**WOUND CARE**

* Expect to have some swelling, bruising and pain after the surgery.
* Your sutures are underneath the skin and will dissolve. They do not need to be removed.
* Wearing your provided compression garment is helpful in reducing the amount of swelling you will experience after surgery. Try to wear it as much as possible for the first 2 weeks. Then when possible until your 1 month appointment.
* You can take showers the day after surgery. Your waterproof dressings will protect your incision. They can be removed at your 1 week appointment.
* The white tapes over your incisions (Steristrips) will fall off by themselves. If they have not done so by the end of the 4th week after your surgery, then peel them off gently in the shower.

**MEDICATIONS**

* Take pain medication as directed by your doctor:
* every 4-6 hours as needed.
* If pain is mild you may take extra strength Tylenol instead.
* Do not take products containing Ibuprofen (Advil, Aleve, Motrin, Aspirin) in place of pain medication.
* If you have stopped medication before your surgery (aspirin, anti-inflammatory drugs, Coumadin, herbal medication, etc.), they can be restarted 1 week after surgery, provided there is no bleeding from your incision.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting any heavy objects (max of 5 lbs) for 1 month.
* Avoid pulling, pushing or forceful squeezing with your arms during that time.
* You can do light activities, like driving, going for walks any time after surgery.

**CALL THE OFFICE**

* Our surgical coordinator will contact you after your surgery to book a 1 week follow up appointment with our nurse.
* If you have an urgent problem before the appointment, go to the Emergency Room.
* If the problem is less urgent, please call the office, for example:
  + your medications are not controlling the pain
  + you are concerned about the way your incisions are healing
  + you have an allergic reaction to the tape.

Common Questions

1. ITCHING- this is very common in the first week after surgery. As the incision heals it can become dry and cause the area to feel itchy. Avoid scratching the area.
2. Swelling will vary patient-to-patient as well as side-to-side. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two weeks.
3. Compression Garment- Wear your compression garment as much as possible for the first two weeks. You can take it off for a break to wash it, if it does not disrupt your sleep it is recommended to sleep with it as well.
4. USE OF ICE- using ice to help with swelling is not required but if you wish to do so use caution. Do not apply ice directly to the skin, wrap ice pack in a face cloth or towel. Apply ice for 10-20 minutes every couple of hours for the first 2 days after surgery. Do not leave ice on area for long periods of time or fall asleep with the ice pack applied.