
GYNECOMASTIA

Edina Plastic Surgery, Ltd.

Immediate Postoperative Care

- Sleep in a recliner or reclined like position using pillows to elevate your head and your legs. Do not sleep on your stomach for at least one month.
- You should get up and walk around your home for brief intervals, have assistance when standing and walking.
- Do not exercise. Minimize twisting your upper torso. Limit straining, lifting, and other rigorous activities for 3-4 weeks. Your initial lifting restrictions are 3-5lbs. Your lifting restrictions will decrease as you heal.
- Use ice packs for the first 48 hours to reduce swelling and bruising (20 minutes on, 20 minutes off).
- If you have suction drains to the chest area, you will be given a specific instruction sheet concerning their care.
- Do not drive a car or operate heavy machinery for 3-5 days.
- Your first shower will be in 2-3 days (no baths). Sponge bathe only until your first shower.
- Eat light bland meals for the first few days. Avoid spicy, acidic, greasy, and fried foods which may upset your stomach after anesthesia.
- Take your pain meds with food to avoid upset stomach/nausea sometimes experienced with narcotics. If you experience any itching, hives, rash, headache or nausea after taking any of your medications, you may be having an allergic reaction to one of them. If this occurs, please call our office and we will change your prescription.

Support Garment and Incision Care

- Your support garment/ace wrap must remain on until your first follow up appointment (usually 24-48 hours post op) unless otherwise instructed by your physician. You may readjust or loosen the ace wrap if it is uncomfortably tight.
- Keep dressings clean and dry. Bleeding from the incisions is expected for the first 48 hours, reinforce the dressings as needed with supplied gauze pads.
- If you have steri-strips covering your sutures, leave these on while showering. After showering or bathing, apply Bacitracin ointment to any incisions not covered with tape if instructed by your physician. Do not remove any steri-strips or sutures.
- Within a few weeks post op, your provider may advise you to begin applying Vitamin E cream or aquaphor to the incision line to help fade the scar.

While Recovering

- Significant swelling and bruising may persist for 2-3 weeks while healing. Likely areas are the collarbone, armpits, and waistline. Numbness may persist for 3-6 months or longer.
- Some swelling may last for 2-3 months. Your provider may recommend a compression garment to be worn at all times during this period.
- Do not use heating pads, hot tubs or sit in a tanning bed without first consulting your physician. Do not swim in a pool, lake or ocean until incisions have completely healed.
- Following your procedure, your body will need fluid replacement. Attempt to increase your water intake, especially while taking your prescribed pain medication(s).