

# Pearce Plastic Surgery

## Post-Operative Instructions for Gynecomastia

If you have any questions, please call or text the office at 512-764-9076.

1. Minimal activities for the first 14 days after surgery.
2. Sleep on your back for the first 7 days.
3. You may ice your chest for the first week to decrease swelling and pain. Avoid heat to prevent a burn to the skin.
4. While drains are in you may sponge bath only. Drains may not be placed in all surgeries
5. You may change the gauze dressings as needed. You can use ABD pads, maxi pads, or nursing pads.
6. Leave the binder in place for the first 24 hours. You can take a sponge bath the day after surgery. Please remove the chest binder before the sponge bath. Once done with your shower or sponge bath you can reapply the chest binder.
7. Please wait till Post Op day 2 to take a shower if you do not have any drains in place.
8. Do not raise your arms above your shoulders. It is okay to brush your hair but please do not reach for items higher up on shelves and things of that nature.
9. NO heavy lifting (greater than 10 pounds), pushing or pulling for 4 weeks after surgery.
10. NO driving or working while on pain medications.
11. You may take Tylenol for pain or Benadryl for itching if needed.
12. Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1st week.
13. You can expect:
  - a. Sutures to be removed between 10-14 days after surgery if they are not dissolvable.
  - b. Drains will be in for 1-2 weeks after surgery.
  - c. To return to non-strenuous work within 3-7 days.
  - d. Moderate discomfort which should be relieved with pain medications.
  - e. Moderate swelling of chest and abdomen.
  - f. Bruising around the chest.
  - g. Some bloody or clear drainage on dressings for the first week after surgery. Wear a pad to keep clothes clean.
14. Call the office if you experience:
  - a. Severe pain not relieved by pain medications.
  - b. Increased swelling or firmness greater on one side than the other.
  - c. Excessive drainage on dressings is increasing.
  - d. Incisions that appear to be opening.
  - e. Any red, hot, or pus containing areas.
  - f. A fever greater than 101.5
  - g. Call the office at any time with questions.

As time goes by and you are healing, the following apply:

1. Most swelling, bruising and soreness resolves within 6-8 weeks.
2. Return to strenuous activities in 6 weeks.
3. The scar will continue to fade for up to 2 years.