



MIDAMERICA

INSTITUTE OF PLASTIC & COSMETIC SURGERY

Gynecomastia Post-Procedure Instructions

Patient Name _____

Surgery Date _____

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

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

TYPICAL POST-PROCEDURE SYMPTOMS

Typical symptoms of breast surgery and signs to watch for following procedure include the following:

- **Tingling, burning, or intermittent shooting pain.** These are normal experiences as the skin and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**
- **Hypersensitivity of nipples or lack of sensitivity.** This is normal and will gradually resolve over time. You may also experience a small amount of fluid seeping through the nipples. **If this becomes painful or excessive notify our office immediately.**
- **Shiny skin or any itchy feeling.** Swelling can cause the skin on the chest to appear shiny. As the healing process advances, you may experience a mild to severe itchy feeling of the breasts. An antihistamine, like Benadryl, can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**
- **Asymmetry, the breasts look different, or heal differently.** Breasts may look or feel quite different from one another in the days following your procedure. This is normal. Although no two breasts in nature or following surgery are perfectly symmetrical, breast massage and time will produce breasts that are similar in shape, position, and size.

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 medication**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest**
- **Calf tenderness, chest pain, or shortness of breath**
- **In the event of severe distress, dial 911.**

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold, compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses for no longer than 20-minute intervals. Do not apply heat.

DAY OF PROCEDURE INSTRUCTIONS

You will only be released to the care of a responsible adult. All these instructions must be clear to the adult who will monitor your health and support you around the clock for the first 24 hours following your procedure.

Rest, but not bed rest. While rest is important in the early stages of healing, equally important is that you are ambulatory, meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

Recline with your head and chest slightly elevated above your lower body.

Good nutrition. Fluids are critical following your procedure. Stick to non-carbonated, non-alcoholic, caffeine-free, and green tea free beverages including fruit juices, water, milk, and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.

Take all medication as prescribed. Typically, you will need pain medication, muscle relaxant, and anti-nausea.

Wear your surgical garment around the clock. Follow the instructions specifically and wear this garment at all times.

Do not smoke or use nicotine products. Smoking or use of any nicotine products can greatly impair your safety prior to your procedure and your ability to heal following your procedure.

Relax. Do not engage in any stressful activities. Do not lift anything heavier than a paperback book. Take care of no one, and let others tend to you.

TWO TO SEVEN DAYS FOLLOWING PROCEDURE

During this time, you will progress each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit.

Take 600 mg ibuprofen three times daily for five days. Discontinue use if you experience intolerance such as stomach pain, nausea, G.I upset, etc.

Stretch arms above head ten times per hour.

Continue to cleanse wounds as directed. You may shower. Take a warm, not hot shower. Do not take a bath. Limit your shower to 10 minutes. Do not rub your incisions. Apply a fragrance-free moisturizer to breasts and surrounding skin, but not on your incisions.

Take medication as directed only if needed. At this time, you may wish to switch to non-prescriptive medication such as Tylenol or Ibuprofen.

Do not resume any exercise other than regular walking. Walking is essential every day to prevent the formation of blood clots.

Maintain a healthy diet. Do not smoke or use nicotine. Do not consume alcohol.

ONE TO FOUR WEEKS FOLLOWING PROCEDURE

As you resume your normal daily activities, you must continue proper care and healing.

Refrain from weight-bearing exercise, twisting, or lifting anything over your head. No tennis, golf, softball, or other sports with similar swinging motions. Avoid aerobic exercise that may cause a lot of bouncing. You may begin range of motion exercises but not with any weight, pressure, or resistance of any kind.

Do not smoke or use nicotine. While incisions may have healed, nicotine deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.

Continue to wear a proper compression garment. The garment you first wore following your procedure may feel somewhat loose. You may replace it.

You may sleep flat. However, do not sleep on your stomach. If you are a side sleeper, a soft pillow under your mid back and shoulders may offer more comfort and support than a single pillow under your head.

Practice good sun protection. Do not expose your breasts to direct sunlight. If you are outdoors, apply a minimum of SPF 30 to the chest area at least 30 minutes prior to sun exposure. Your chest region and breast skin are highly susceptible to sunburn or the formation of irregular, darkened pigmentation.

Follow up as directed.

SIX WEEKS FOLLOWING PROCEDURE

Healing will progress and your breasts will settle into a more final shape and position.

You may ease into your regular fitness routine. However, realize that your upper body may require some time to return to previous strength.

Discomfort or tightness and tingling will resolve. Any lingering nipple sensitivity or lack of sensation should begin to greatly improve.

No need to resume smoking or nicotine use. You have now gone 12 weeks without a cigarette. For your long-term health, there is no need to resume smoking or nicotine products.

YOUR FIRST YEAR

Continue your breast massage (if needed).

Continue healthy nutrition, fitness, and sun protection.

Your scars will continue to refine. If they become raised, red, thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after your procedure.

A one-year post-procedure follow up is required. However, you may call our office at any time with your concerns for needed follow up.

Your body will change with age. The appearance of your breasts will change, too. You may wish to undergo revision surgery to help maintain your appearance throughout life. Contact our office with any of your questions or concerns any time at (618) 288-7855.