

University of Virginia Plastic Surgery Post-Operative Instructions for Gynecomastia

The following instructions are general guidelines to promote a safe and uneventful recovery from your surgery.

Activity Limitations:

- Avoid vigorous activities involving lifting, extensive movement of the arms, or extending the arms above the shoulders for the first 1-2 weeks.
- Do not sleep on your stomach or side for 2 weeks after surgery or until instructed by your surgeon.
- Regular aerobic exercise and vigorous activity are not allowed the first three to four weeks to decrease risk of bleeding, swelling, and bruising. Walking is ok.
- Avoid weightlifting and contact sports until 6 weeks postoperatively.
- You will be able to return to work in 3-7 days. If you work at a job which requires you to do heavy lifting; you may not lift more than 10 pounds the first 2-4 weeks.

Bathing and Incision Care:

- You may shower after 48 hours but do not bathe in a tub for 10 days.
- Keep your surgical garment and/or ACE bandage on unless specifically instructed otherwise. Your garment and/or ACE wrap can usually be removed 48 hours post-op to permit showering, but otherwise should be worn day and night for at least the first week.
- You will likely have drains after your procedure.
- Drains are typically removed within one week.

□ Drain Care:

- 1) Clean drain holes daily and apply bacitracin ointment.
- 2) Keep drain pinned to binder to prevent pulling on them.
- 3) Your surgeon will typically remove the drain when the fluid collection is less than 30 mL over 24 hours

- Your sutures will dissolve.
- After four weeks, you may begin using Silagen with SPF or Vitamin E cream to massage your scars.
- Avoid sun exposure and tanning booths to your scars for at least six months. Sunlight can permanently affect the skin's pigmentation, causing scar to turn dark. Wear sunblock if you know you will be unable to avoid the sun.

Pain/Medications:

- You will feel some discomfort and temporary pain for one to two weeks following your surgery. This can easily be controlled with medications prescribed by your plastic surgeon.
- Do not take Aspirin, Ibuprofen or aspirin containing substances for 10 days after your surgery.
- A moderate amount of pain is normal. One breast may appear different than the other soon after the procedure and small areas of depression typically improve over a few weeks but in some cases can be longer

Postoperative Appointment Information:

- If your first postoperative appointment was not made at the time of your preoperative appointment University of Virginia Plastic Surgery would typically like to see you back for your first postoperative visit one to two weeks after your surgery. This date will be given to you before your discharge from the recovery room. If an appointment is not made at your preoperative appointment or in the recovery room, please call the office the day after your surgery to schedule that appointment.

Notify your physician or After Hours Advice for any of the following:

- Call the doctor immediately for **severe** one sided swelling and pain, which may indicate a collection of fluid on that side.
- Some bleeding through the incision is normal. If bleeding becomes excessive, please contact our office.
- Any signs of infection; fever (greater than 101° F), significant redness around incisions or on the breast.
- Fluid in the drain tube (if used) or from incisions that is thick, white or brown, or foul smelling.
- Breast that is hot to the touch.

For life threatening issues or concerns dial 911.