



GYNECOMASTIA REDUCTION

AFTER YOUR SURGERY

- You will likely feel drowsy upon waking up from anesthesia.
- You may have a sore throat.
- You will see/feel swelling and bruising of your chest. You will experience a "tight" sensation.
- Possible numbness of the skin of your chest.
- Usually temporary increased or loss of sensation of your nipples.
- Moderate discomfort.
- You will go home with a big bulky dressing over your breasts. Please do not change or remove this dressing.
- You will have two Jackson-Pratt drains coming out from your chest/dressings.
- Do not sleep on your stomach.
- Rest, yet keep moving. Rest is important, although it is equally important to walk inside for 5-10 minutes every couple of hours while awake.
- Take the medication, as directed, to address any discomfort. The period of greatest discomfort does not usually last more than 24-48 hours.
- Your pain medication may constipate you. Be sure to take in plenty of good fluids such as water, broth, or sports drinks. Milk of magnesia can be purchased from the local drug store to help with constipation.
- No alcohol.
- No lifting over 10 pounds, no pushing/pulling, do not allow your heart rate above 90 bpm.
- You may not shower until after your postoperative visit approximately 5 days after surgery. You may sponge bathe as needed.
- NO smoking. Avoid being around those who are smoking.

CALL THE OFFICE IF EXPERIENCING

- Pain not controlled by the prescribed medication.
- Excessive or sudden swelling on one side.
- Drains filling up rapidly with bright red fluid.
- Temperature higher than 101 degrees F.
- Severe nausea and vomiting.
- Pain in calf, knee, groin, or shortness of breath.
- Continuous dizziness or unusual behavior.

2 TO 7 DAYS FOLLOWING SURGERY

- During this time, you can expect to slowly progress day by day.
- Take 10 deep breaths per hour while awake. This will enhance your oxygenation and help expand your lungs.
- You may not shower until your drains are removed. Do not submerge your body in water.
- Empty and record your drainage appropriately. Don't forget to strip your drains.
- Dr. Shell will remove one drain when its output is less than 30 ml/24 hours. The last drain will be removed when its output is less than 30 ml/24 hours.
- Please be sure to speak with Dr. Shell before you begin to drive or return to work or a regular routine at home.
- Continue a well-balanced diet with adequate hydration.
- Advice exposure to sun and heat.
- Continue to take prescribed pain medications as needed.
- Begin to transition from prescribed pain medication to over the counter alternative. Dr. Shell and staff can guide you through this as needed.
- Do not sleep on your stomach.
- Avoid exercise other than walking. Leisurely daily walks will help you feel better and prevent blood clots.
- Make sure to get up and move for about 10-15 of every 60 minutes while awake.
- NO smoking. Avoid being around those who are smoking.
- There will be small pieces of tape over the incisions, eliminating the need for any wound care.
- Wash daily with Dial liquid antibacterial soap and pat dry with a clean cloth.

1 TO 4 WEEKS FOLLOWING SURGERY

- Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort, and numbness to diminish. Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery. Once cleared by Dr. Shell, you may take Aspirin, Advil, Aleve, etc. at this time.
- Wash incision with Dial antibacterial soap and pat dry with clean cloth.
- The small strips of tape covering your incision will fall off 2-3 weeks after surgery.
- Once cleared by Dr. Shell, you may ease back into your workout routine.
- Continue to avoid sun exposure and heat. Use sunscreen on incision as it may tend to hyper pigment.
- NO smoking. Avoid being around those who are smoking.
- Do not sleep on your stomach.

4 TO 6 WEEKS FOLLOWING SURGERY

- Overall swelling continues to subside and you will begin to settle into your natural appearance. Tenderness, tightness, skin numbness, or bruising (if remaining) will continue to diminish.
- You may submerge your body in water, following complete healing of your incisions.
- You may now sleep on your stomach.

THE FIRST YEAR

- Continued refinements in the appearance of your chest may take up to one full year.
- Appearances continue to change with age. Just as other areas of your body may change with age, so can your chest.
- Avoid direct sun exposure to scars the first year.
- Call our office if you notice a stitch coming up like a bristle brush along your scar. If the area around the stitch looks red and irritated, you may need antibiotics.
- Call our office if your scar becomes raised and/or ropy.