



Gender Affirming Chest Masculinization

Post-Operative Supplies

Below you will find a list of certain supplies that are recommended by your surgeon to obtain prior to your procedure. These supplies will help you post-operatively during your recovery. We want to help you make your journey to recovery as seamless and as comfortable as possible. During your pre-operative appointment with your provider, you will be instructed on which specific supplies to purchase and why it is important to have them.

If you already had your pre-operative appointment with your provider and still have questions regarding the supplies, please contact our office and speak with one of our Medical Assistants. To access each link, please click each hyperlink.



[Chest Compression Garment](#)

Similar to other surgical procedures, chest masculinization surgery can lead to post-operative swelling (edema) in the chest area. Compression garments help to reduce this swelling by applying gentle pressure to the chest tissues. This compression promotes lymphatic drainage and prevents excessive fluid buildup, which can contribute to discomfort and delay in healing.



[Wedge Pillow](#)

After surgery, especially procedures involving the abdomen or breasts, it's often recommended to keep the head and upper body elevated. A wedge pillow provides a gentle incline that supports the back and allows for comfortable elevation of the head. This elevation helps to reduce swelling and promote proper circulation, which aids in faster healing.



[3M Kind Tape](#)

After cosmetic surgery, scars can form as a natural part of the healing process. Paper tape helps in reducing scar formation by flattening and softening the scar tissue. This is particularly important in areas where the skin undergoes tension and movement, which can lead to thicker or raised scars. 3M Kind Removal Tape is designed to be gentle on the skin and easy to apply and remove. It adheres securely but can be removed without causing pain or damaging the delicate healing skin.



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Tylenol

Effective pain management is crucial for recovery after cosmetic surgery. By controlling pain more efficiently with a combination of Tylenol and prescribed pain medications, patients may experience less discomfort.



Arnica

By reducing bruising and swelling, Arnica may contribute to faster healing times after cosmetic surgery. This can lead to quicker recovery and earlier return to normal activities.



Colace

Anesthesia and opioid pain medications commonly used during and after surgery can slow down bowel movements and lead to constipation. Laxatives help stimulate bowel movements and promote regularity. This is important for maintaining gastrointestinal health and preventing the buildup of gas and bloating, which can also contribute to discomfort after surgery.



Fairlife protein shake

A high protein diet is often recommended after cosmetic surgery. High protein diet after cosmetic surgery supports optimal healing by providing the necessary nutrients for tissue repair, immune function, and overall recovery. It's important for patients to follow their surgeon's dietary recommendations to support a smooth and successful recovery process.



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Vegan Unflavored Protein Powder

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Gauze 4x4

Having extra gauze at home after cosmetic surgery ensures you can effectively manage wound care, maintain cleanliness, and promote healing according to your surgeon's recommendations. It's part of being prepared for the postoperative recovery period and ensuring comfort and proper healing outcomes.