



Dr. Frank Stile, MD, FACS  
8954 Spanish Ridge Ave #1  
Las Vegas, NV 89148 (702)243-9555

## **Gynecomastia: Follow up appointment schedule and general care instructions**

Follow up appointments: 1 day, 1 week, 2 weeks, 1 month, 3 months

### **Day 1**

First office visit  
Dressing change and wound check

### **Day 1-6**

Rest  
Light activity, no arms overhead  
Walk every 2-3 hours  
Take medications as directed

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort.

### **1 week**

Second office visit  
Support Vest — Full time  
Clean with gentle soap and water - pat dry.  
Light activity  
No arms overhead

### **2 weeks**

Third office visit  
Support Vest- Full time  
No constricting garments.  
May shower, No direct water on chest/incisions. - Gentle soap and water - pat dry.  
Arms may be raised overhead.  
Light activity, advance to light exercise — NO resistance NO weight training.  
Begin using scar gel or tape at **week three**.

### **1 month**

Fourth office visit  
Support Vest- No longer required to wear after 6 weeks.  
Full activity - advance to resistance exercises and weight training.  
Continue using scar gel once per day for 3 months.

### **3 Months**

Fifth office visit - Photos taken at this visit  
Full activity



## **Cosmetic Breast Surgery: Post-operative care instructions**

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may be weak and drowsy. You may require help the first few times you get out of bed.

It is important to be walking early and frequently - out of bed every 2-3 hours, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk of blood clots. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).

Do not smoke. This is very important.

A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or Jell-o. You may start a regular diet the next day.

Most people experience chest/muscle soreness for about 5-7 days after surgery. The pain medication and muscle relaxant we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after surgery for the pain and discomfort. You may take Xanax every 8 hours for the first 24-28 hours for anxiety. It is best to take pain medication with crackers, Jell-o, etc. Do not drink alcohol while taking pain medication.

It is important to refrain from any strenuous activities for the 2 weeks after surgery. Keep your heart rate below 100 beats per minute. Gradually work on pre-surgical activities beginning slowly at the second week. Avoid strenuous activity and lifting of heavier objects for 3 weeks. No lifting arms overhead for the first 2 weeks.

The sports bra must be worn at all times for 4 weeks. You may remove it only to wash it or to shower. Wash your body using wash-cloth for the first week. Showering can resume at the beginning of the second week. May shower with your back turned to water. No direct water on breasts. Wash breasts with gentle soap and water, pat dry.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months that has both UVA and UVB protection.

Swelling and bruising are normal following surgery. Swelling could be apparent for as long as 3 months afterwards.

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort or bleeding.



## Body Contouring Post Op Care

### **Lymphatic Drainage Massage / Drainage Therapy**

First two weeks post-op

Lymphatic massages begin within the first 2-3 days after most body contouring procedures.

Lymphatic drainage massage, also known as manual lymphatic drainage, relieves swelling that happens when a medical treatment such as surgery blocks your lymphatic system. This can result in swelling, induration and fluid retention in these areas.

Manual lymphatic drainage is a type of massage that will encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymphatic system is 'the body's cleaning service'. It consists of vessels, nodes, and organs that work together to facilitate the proper flow of lymph, remove waste products from it, and direct the waste products to organs that are responsible for flushing them out of the body. If the lymphatic system is not working properly, lymphatic fluid, serum and toxins can build up in your tissues.

Lymphatic drainage massage involves gently manipulating specific areas of your body that have been contoured with surgery to help lymph move to an area with working lymph vessels. A lymphatic drainage massage is a technique that involves the use of long, gentle, and rhythmic strokes aimed at restoring the lymphatic system's optimal function that results in decreased discomfort, swelling and induration (hardening).

Lymphatic massage will help you achieve a smoother, less 'lumpy' result. 10-12 sessions are recommended

\$150 per individual session

10 session package \$1250

**\*\*You can receive up to 20% off if you have a Skin Pros skin care membership**