



Male Chest Contouring Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

We'll be checking in with you during the key points of recovery:

- Day 1: Post-operative visit
- Week 1: Early healing check
- Week 4-6: Progress Assessment
- Week 16: Result Evaluation and Photographs

Before Surgery

To Prepare Safely:

- Avoid aspirin, Advil, ibuprofen, NSAIDs, fish oil, and omega-3 supplements for 10 days prior to surgery, unless specifically approved by Dr. Wingate.
- Refrain from all anti-inflammatory medications for 1 month prior.
- Arrange for someone to drive you home and stay with you for the first couple of days after your procedure.

Returning to Daily Activities

- Most patients return to work (desk jobs) within one week.
- Swelling and mild soreness may continue but usually improve steadily.
- Avoid strenuous physical activity until you are cleared by Dr. Wingate.

Showering & Bathing

- You may shower the day after surgery, unless you have had a free nipple graft.
- Avoid soaking in baths, hot tubs, or pools for at least 6 weeks, or until Dr. Wingate clears it.

- In that case, avoid getting the nipple dressings wet until they are removed in-office.
- Do not soak in a bath, pool, or hot tub until cleared by Dr. Wingate.

Compression Garment Instructions

- You'll go home wearing a compression garment or wrap, which should be worn for the first few days.
- After that, switch to a compressive vest or shirt.
- Swelling may persist for a few weeks - hold off on clothes shopping until your healing has progressed.

Managing Discomfort

- Please fill any prescriptions prior to surgery so they're ready when you get home.
- Most patients require only Tylenol + Advil by the second day post-op.
- Discomfort is usually related to movement of the chest. Wearing compression helps minimize this and supports healing.

Normal Healing

- Swelling and bruising are normal and expected after chest contouring.
- You may experience mild drainage from your incisions for the first few days - this is typical.

To Reduce Swelling:

- Limit strenuous activity
- Stay hydrated
- Wear your compression garment as instructed

When to Contact Us

Please Reach Out To Wingate Plastic Surgery If You Experience:

- Ongoing bleeding that doesn't slow or requires dressing changes more than every few hours.
- Noticeable asymmetrical swelling (e.g., one side significantly larger than the other).
- Pain that is not relieved by rest, medication, or ice.

We're honored to care for you throughout your transformation. If you have any questions or concerns, please don't hesitate to reach out—we're here to support your recovery at every stage.