

Post-Operative Care Instructions for Gynecomastia Surgery

Gynecomastia surgery removes excess glandular tissue and/or fat from the chest to create a flatter, more contoured appearance. Proper post-operative care is essential for healing, comfort, and optimal results. Please follow the instructions below closely.

Medications

Please follow all medication instructions included in your post-operative folder. These medications help manage discomfort and support a safe recovery.

Activity

Following activity guidelines is essential to reduce swelling and protect the chest contour.

- Begin **light walking** the day of surgery to promote circulation.
- Avoid lifting, pushing, or pulling anything over **8–10 lbs** for at least **2–4 weeks**.
- Avoid chest workouts, running, and strenuous exercise until cleared by your surgeon.
- Sleep slightly elevated for the first week to help with swelling.

Dressings & Compression Garment

- Keep all dressings in place unless directed otherwise.
- Wear your **compression vest, Ace Bandage or compression shirt**, continuously as instructed—typically **24/7** for several weeks. This helps reduce swelling, support the chest contour, and improve final results.
- It is normal to experience mild to moderate compression pressure.
- Avoid removing or adjusting the garment unless instructed by the care team.

Incision & Skin Care

- Keep incision sites clean and dry.
- If liposuction was performed, small incisions may drain for 24–48 hours—this is normal.
- Bruising and swelling will gradually improve over several weeks.
- Avoid sun exposure on the chest for 6 weeks to prevent pigmentation changes.

Bathing & Hygiene

- You may shower **24 hours** after surgery unless otherwise instructed.
- Allow water to gently run over the incision sites—do not scrub.
- Pat dry with a clean towel.
- **Do not soak** in baths, pools, hot tubs, or the ocean for **4–6 weeks**, or until cleared.

Expected Symptoms

Common symptoms during early recovery may include:

- Swelling and bruising
- Chest tightness or pressure
- Numbness or temporary changes in sensation
- Mild drainage at incision sites
- Fatigue for a few days post-op

These are normal and should improve gradually.

When to Call Us

Contact us immediately if you notice:

- Fever over **101°F**
- Increasing redness, warmth, or swelling on one or both sides
- Sudden increase in chest size, particularly on one side
- Foul-smelling, yellow, or green drainage
- Severe pain unrelieved by medication
- Shortness of breath or chest pain (call 911)

Contact Us

We are here to support you throughout your recovery.

- To speak with a member of our care team, please **call or text (813) 542-2587**.
- **Urgent text messages** received outside regular business hours will be answered as promptly as possible during reasonable waking hours.
- After business hours, the **answering service** can contact the physician for urgent medical needs.