

Gynecomastia (Male Chest Reduction) – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk 10 minutes every hour.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared in 6 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision Care

- Keep incisions clean and dry. Wash with soap and water. Cover with ABD pads. Put on compression vest.
- You can shower in 24 hours.
- Steri-strips should remain in place until they fall off or are removed in the office.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Compression Garment

- Wear compression garment continuously for approximately 6 weeks unless otherwise instructed.

Massage

- Massage may be initiated as directed to reduce firmness and improve contour.

Activity

- Gradually resume physical activity after 4 weeks as cleared.
- Sleep with multiple pillows.

Expected Recovery

- Temporary swelling, firmness, and contour irregularities are common during early healing.
- Final contour results may take several months.

- You can return to work and drive in 1 week. You can fly in 4 weeks.