AESTHERA

PLASTIC SURGERY

GYNECOMASTIA INSTRUCTIONS

This handout provides information on how to prepare for your gynecomastia operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your breast gynecomastia operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin),Vitamin E or red wine for 2 weeks prior and for 2 weeks after your operation. Many of these medications contain compounds that are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.

2. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.

3. Patients must be supervised by a responsible adult for 24-48 hours after the operation.

4. Be aware that you will not be able to fly for two weeks following your operation and please plan accordingly.

5. In general, you will need 1-2 weeks off from work or school.

On the day of your operation:

1. Do not wear contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse. Remove all nail polish from your fingernails.

2. Please keep your valuables at home.

3. Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

After your operation:

1. After your operation, you will wake up with bandages and a compression vest.

2. Keep the bandages and compression vest on at all times. Keep the bandages and compression vest clean and dry. You may carefully wash up at the sink during this time.

3. The doctor or nurse will remove the bandages and compression vest at your first follow-up appointment 1 week after the operation. Your chest will be examined and the compression vest will be put back on.

4. After your first post-operative visit, you will be able to remove the compression vest and shower. Shower with the water pressure away from your chest. There will be tapes over your incisions that will stay on for several weeks.

5. After your shower, gently pat the tapes dry with a towel. Replace the compression vest and keep it on at all times, day and night, for 3 weeks.

6. Once home, you may get up to use the bathroom or to take a light walk around the house. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.

7. For at least the first week you should be sleeping on your back with your head and chest elevated using multiple pillows, or sleeping upright in a recliner. Sleeping and resting as upright as possible will make you more comfortable, and it will aid in recovery since swelling and bruising dissipate with gravity.

8. The most common complaint after the operation is nausea, although this generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.

9. Use the pain medication as prescribed when you are feeling uncomfortable.

10. It will be at least 2 weeks before you can begin light exercise such as walking or using a stationary bike.

11. Heavy exercise, heavy lifting (no more than 7 lbs – which is about 2 textbooks or one gallon of milk), and carrying a back pack are not permitted for 6 weeks. After 6 weeks you may resume normal exercise as tolerated but expect to go back gradually as if you've had an injury. You should exert yourself at about 50% of your normal level for up to 6 to 8 weeks.

12. You will be able to drive after one week. Be aware that pain medications cause drowsiness and should not be used before driving.

What to expect as you are healing:

1. Your chest will be swollen and bruised. These changes are normal and will take several weeks to subside.

2. Numbness in the chest area is common and usually gets better over a period of several weeks or months.

3. Your incisions may be raised, red, and feel hard for several months. The final result will not be apparent for approximately 6-12 months after the operation.

Follow-up appointments:

1. You will have several follow-up appointments after your gynecomastia operation.

2. Your first follow-up appointment will be at 1 week.

3. Your second appointment will be at 3 weeks after the operation.

4. Subsequent appointments are usually at 3 months, or as suggested by Dr. Chegireddy.

If you have any questions you may reach Dr. Chegireddy by calling the office at (404) 446-0044 during and after business hours.