Gynecomastia Correction – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for gynecomastia correction surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Gynecomastia correction is performed under general anesthesia and is an outpatient procedure. Recovery includes wearing a compression garment to support contouring, with final results typically visible within 3–6 months.

### **Key Pre-Operative Guidelines (Summary)**

**Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.
 **Transportation:** A responsible adult must drive you home and remain with you overnight. Rideshare services are not permitted.
 **Medications:** Discontinue aspirin, NSAIDs, anticoagulants, and herbal supplements (e.g., vitamin E, fish oil, garlic) as directed (typically 2–3 weeks prior).
 **Lifestyle Adjustments:** Cease smoking (including e-cigarettes) at least 4 weeks before surgery and limit alcohol for at least 2 weeks.

 **Day of Surgery:**

* Shower the night before or morning of surgery.
* Do not apply lotions, perfumes, or skincare products.
* Remove all jewelry and leave valuables at home.
* Wear loose, front-opening clothing that does not need to be pulled over your head.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Compression vest or garment
* Gauze or light absorbent pads (in case of drainage)

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol as directed. Narcotic pain medication and anti-nausea medication (Zofran) may be prescribed.
 **Antibiotics:** Complete the full course, even if symptoms improve.
 **Optional:** Sinnech (Arnica Montana) may be taken to reduce swelling and bruising.
 **Mobility:** Begin gentle walking the day after surgery to promote circulation and reduce the risk of blood clots.
 **Compression Garment:** Wear continuously for 4–6 weeks, removing only for showers or washing the garment.
 **Showering:** Allowed the day after surgery unless otherwise instructed.
 **Swimming & Baths:** Avoid submerging in water (tubs, pools, hot tubs) until incisions are fully healed—typically 2 weeks. Wait one month for hot tubs.
 **Return to Work:** Most patients take 2–5 days off and may return with a modified or light schedule.

### **Recovery Expectations**

**Drainage:** Mild blood-tinged drainage is common in the first 24–72 hours.
 **Bruising & Swelling:** Both are expected and usually resolve within 2–3 weeks.
 **Itching:** Antihistamines like Benadryl can help.
 **Sensory Changes:** Temporary numbness or sensitivity around the nipples and chest is normal.

 **Healing Timeline:**

* 1–2 Weeks: Swelling starts to subside
* 2–3 Weeks: Bruising fades
* 3–6 Months: Final results visible

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
	+ For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
	+ For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on compression use, drain care, activity restrictions, and healing timelines, please download the document below:

 **[Download Gynecomastia Correction Pre & Post-Operative Instructions (PDF)]**