

Elevate Plastic Surgery

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Gynecomastia Surgery Post-Operative Instructions

Dressings – A chest wrap dressing will be applied at the end your surgery. Please keep the dressing on until your follow-up appointment.

Drains – Typically, no drains are used, but in significant cases, a drain may be placed. Post-operative drain care will be arranged in this case.

Sutures are removed in approximately seven to ten days. Some patients may require additional suture removal at 2 weeks as well.

Sleeping – Sleep with your head elevated in a reclining chair, or in bed with multiple pillows. You should be at a 30-degree angle when lying down. This will help decrease swelling. This is for the first week after surgery.

Swelling/Discoloration (bruising) of varying degrees will be present. This should gradually disappear in 7-14 days but could last longer. Bruising will vary between individuals, but it most commonly occurs around the chest and armpit areas

Healing: For optimal outcomes, we recommend using SkinMedica products after your procedure. She has hand selected specific products, formulated for after procedures, which will help you during your recovery.

- TNS Advanced+ Serum: encourages repair and regeneration of tissues.
- TNS Ceramide Treatment Cream: replenishes the skin's natural moisture barrier.
- Scar Recovery Gel: smear over incisions (you do not need to rub it in) 2-3 times a day and allow to dry to reduce itching, stinging and/or burning at the site of incision.

Diet - Normal diet can be resumed as soon as your appetite returns. Do not eat heavy or greasy meals within the first 48 hours after surgery. Drink plenty of fluids. The colour of your urine should be light yellow, as an indication that you are adequately hydrated.

Do not smoke. Smoking will lead to significant wound healing problems and unsightly scars.

Medications/Pain: Have your prescriptions filled right away. Pain/discomfort of varying degrees follows any operation. Use the prescribed pain medication as directed. Medications can cause drowsiness, tiredness or loss of balance, and may affect your vision, thus, do not drive or operate machinery while taking these medications. You should also be careful when performing day-to-day activities. If the prescribed pain medication does not alleviate the pain, or if you develop an allergic reaction, please call the clinic for an alternative. You may use Tylenol if you wish, but do not use both Tylenol and the prescribed pain medication simultaneously. Do not use aspirin, aspirin-containing medications, Motrin, Ibuprofen or similar medications for one week. They can cause bleeding problems. If you are unsure about

a particular medication, please call us. Take prescribed antibiotics as directed and finish all of the antibiotic medication.

Personal Hygiene - A lukewarm (not hot) shower (not bath) may be taken after your first post-operative visit once the compression dressing is off. Make sure to gently pat the incisions dry afterwards. Cleanliness is important to prevent infection and promote healing.

Medical Leave - You should apply for leave of absence for 10-14 days. The healing process and your occupation may cause the length of time to vary.

Driving: You may drive a car with an automatic shift and power steering in 7 days, if you have no complications, and feel comfortable enough to do so. You should not drive if you are taking narcotic pain medications.

Light exercise such as leisurely walking may be started at one week after surgery.

Strenuous exercises and activities, such as sports, must be avoided for four to six weeks. No heavy lifting is permitted for 4 to 6 weeks; please check with your surgeon.

Office visits - Upon your discharge, you will be informed of your first post-operative appointment. Routine post-operative visits will be required. They will be determined by your surgeon. Please be sure to schedule your appointments as required.

Things to look out for: You should watch for signs of bleeding and infection up to fourteen days after surgery. The signs to look for are:

- **Persistent pain not relieved by pain medication, unusual swelling, redness, and elevation in temperature.** If you experience any of these symptoms or have any concerns, please call our office, e-mail our office, and/or go to the nearest Emergency Department.