

Instructions for Care After your surgery for Gynecomastia

After your surgery the following guidelines may be helpful. If you have any questions or concerns, please do not hesitate to call Dr. Lynch at 609-448-6200.

1. Following surgery you will be wearing a compression vest and ACE bandage to maintain compression to the chest area. This will minimize the risk of a seroma developing and post-operative infection. You may remove the compression garment to shower.
2. Please finish taking all of your antibiotics as prescribed. Often, eating yogurt may help with minimizing some of the gastrointestinal side effects of antibiotics. If you are prescribed narcotics for pain management, it is important to stay well hydrated, and increase fruits and vegetables in your diet to minimize the side effect of constipation. It may be necessary to take a stool softener (Colace) while taking narcotics.
3. Continue to stay hydrated: drinking at least 6-8 glasses of water a day.
4. Please notify the office if you experience fever, chills, redness, or unusual swelling after surgery.
5. Please avoid strenuous upper arm/chest muscle exercised for 6 weeks after surgery. Please limit lifting to no greater than 10 lbs.
6. You may have a surgical drain from each breast for a few days. Please empty these drains and record the output as instructed (see attachment). Please wear a cotton belt while in the shower and pin the drains to this belt while you are naked.
7. **Do Not Smoke. Do not be in a room or car when anyone is smoking.**
8. About 4 weeks after surgery, you may begin to use products (Vitamin E oil, Mederma etc.) to minimize the appearance of the surgical scars.