



## Facial, Plastic & Reconstructive Surgery

### **Gynecomastia Post-Operative Instructions**

**Please follow the General Instructions provided. In Addition:**

#### **General Instructions**

- Wear the compression garment 24 hours a day for four weeks, removing it only for showering or laundering. After four weeks, a compressive shirt such as Under Armour works well.
- Anticipate fluid drainage from incision for the first 48 hours.
- All dressings, except steri-strips may be removed 48 hours after surgery.
- Ice packs can be used in the chest area intermittently for the first 48 hours. Avoid ice on incisions.
- Elevate head and shoulders with two to three pillows while resting/sleeping.
- Apply light bandages with the supplies provided.
- After your first two to three showers, you do not need to cover your incisions if there is no drainage, but you may if it is more comfortable.

#### **Showering:**

- Shower two days after your surgery, then daily. Please have an adult with you for the first shower for safety.
- Remove your garments and all outer bandages such as gauze and tape. Leave the steri-strips in place. These are the small pieces of tape directly on your incisions. They will fall off as you shower over the next couple of weeks.
- Use soap and water as normal. Do not let the water beat directly on your incisions. Rinse well and pat dry.
- Do not soak in a bathtub until given the OK by your surgeon.

#### **Sutures:**

- Your sutures are dissolvable.