

## AFTER GYNECOMASTIA

### ACTIVITY

It is important to rest after surgery, this allows the body to heal. Activity raises the blood pressure and may cause post-operative bleeding at the operated area. When you return home after your surgery it is important to be up walking, but don't plan any strenuous activities during the first two weeks after your operation. You may go for short walks and perform light activities around the home as you feel able. You should not lift anything heavy for seven to fourteen days this may cause bleeding

### MEDICATIONS

**Avoid Aspirin** (Acetylsalicylic Acid or ASA), Ibuprofen/Advil as this thins the blood and may lead to post-operative bleeding. It should be avoided for one week following surgery. Tylenol is an excellent medication for relief of pain. **DO NOT SMOKE.** Smoking dramatically increases any chance of complications around the time of your surgery. You should refrain from smoking for one month after your surgery (and then why not quit all together!). Secondhand smoke should also be avoided. Nicotine patches and/or gum are also detrimental to post-operative healing and should not be used.

### DRESSINGS

Upon your discharge, you should leave the dressing clean and dry. This allows the skin to create a watertight seal. If you have a drain in, you may shower 48 hours after drain removal. If you do not have a drain, then you may shower 48 hours from discharge, & then wash the affected area once daily. This keeps the incisions clean and helps prevent infection. The best way to do this is to take a shower and allow the water to run over the operated area. Do not aim the water directly at your incisions as this will be painful. When you have finished washing, gently pat your incisions dry and reapply a gauze or abdominal pad dressing, and then your compression garment. Do not take a bath or swim for two to three weeks following surgery. There are numerous small tapes applied to the incisions at the time of surgery. Leave the white paper tapes in place. These will be removed at a further follow up visit with Dr. Fortin. Your chest will remain quite swollen for one to two weeks following surgery. It takes three to six months for the chest to assume their final shape and size.

### THINGS TO WATCH FOR

**Infection:** You should feel better each day after your operation. Redness, increasing swelling, increasing pain, discharge or a fever, all may indicate infection. If any of these things occur call Dr. Fortin's office.

**Bleeding:** A small amount of red discharge from a fresh incision is normal for up to 72 hours after surgery. If the dressing is light, it may be necessary to change it once or twice on the day following discharge. If bleeding is persistent, call Dr. Fortin's office.

#### **FOLLOW-UP**

Dr. Fortin would like to see you in the office approximately 1-2 weeks after surgery.

**PLEASE NOTIFY THE OFFICE IF YOU HAVE SOUGHT OUT ANY MEDICAL ATTENTION 10 DAYS POST SURGICAL PROCEDURE**  
**If you have any questions regarding your surgery, please call Dr. Fortin's office.**