



Cosmetic Plastic  
Surgery Institutes

## Gynecomastia Postop Instructions

- 1. Dressings:** You will be wrapped with a Kerlex and Ace wrap following completion of your surgery. These dressings act like a compression dressing and help to minimize risk of fluid accumulation, i.e. hematoma formation. You must maintain compression wrapping for the first four weeks following surgery.
- 2. Showering and Bathing:** You may shower below the waist 36 hours following your surgery. At one week you will return to your doctor's office where he/she will remove your dressings and reapply your Ace wrap only. Following this visit, you may take a full shower, but avoid facing the showerhead directly at your infra-areolar incisions. You may undo your Ace wrap temporarily to shower.
- 3. Exposure to Sunlight:** Protect the bruised areas and infra-areola incisions from the sun until the bruising fades completely. For the first six months following surgery you should avoid tanning and wear high SPF sun block (greater than 20) when outdoors.
- 4. Activity:** You must start walking immediately. You may continue to increase the activities of daily living, as you feel comfortable. Do not return to strenuous activities or aerobic exercises for at least 2 to 4 weeks following surgery. Let the soreness dictate what you can do.
- 5. Bruising and Swelling:** Bruising and swelling are normal in the suctioned areas and underneath the nipple areola complex but will be minimized by wearing of compression garments/Ace wrap. The bruising will decrease over 3-4 weeks, but may last as long as 6 weeks. The swelling, on the other hand, takes as long as 3 months to disappear completely, although you should see vast improvement within 1 month.
- 6. Numbness:** Scattered numbness in the suctioned areas and underneath the nipple areola complex occurs routinely and will resolve within 3 to 6 months following surgery. This is because small sensory nerves are distributed diffusely throughout the soft tissue under the skin of the breast and NAC and will be traumatized/injured during the surgical procedure. Fortunately, even when severed, these nerves may grow back and return sensation to your surgical area.
- 7. Lumpiness:** As you heal, the suctioned areas may feel "lumpy" and irregular. This is because liposuction results in avulsion of small fat cells that must randomly settle down into their new resting spots. Prior to these fat cells permanently settling down, you must manually massage areas that are prominent in order to force the fat cells to relocate to areas that might be sunken. With vigilant manual massage exercise, you can ensure a smooth and aesthetically pleasing contour.
- 8. Postoperative visits:** The doctor should examine you within the first week after surgery to ensure that your breast skin and nipple areola complex are not compromised. You will then return to the office at one month at which time you may remove your compression garment/Ace wrap and resume full physical activity.

Pt Name \_\_\_\_\_/Date \_\_\_\_\_ Pt Signature \_\_\_\_\_