



Gynecomastia Post-Operative Instructions

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Your guide to a smooth and confident recovery

Nursing phone number: 437-494-3536

Outside of business hours, texting is available on the nursing line. For emergencies, please go to your nearest emergency room.

Dressings, Binder & Wound Care

- At the end of your procedure, your chest will be covered with **skin glue, steri-strips, padding, and a supportive compression vest**.
- Please keep these dressings **clean and dry** until your first post-operative visit (**3–4 days**).
- At that visit:
 - The outer dressings will be removed.
 - The **glue/tape stays on**.
 - You will continue wearing your compression vest **day and night for 4–6 weeks**.
- Small liposuction entry points (if liposuction was performed) may leak pink or clear fluid for the first 24–48 hours — this is normal.
- The glue/tape will gradually lift off during showering and is typically fully removed around **3 weeks**.
- All stitches are internal and dissolving. If a small knot is visible after **2 weeks**, it may be gently trimmed at skin level with clean scissors.
- If any incision drains clear/yellow fluid, cleanse with mild soap twice daily, apply **Polysporin**, and cover lightly.

Compression Vest

- The compression vest is essential for:
 - Reducing swelling
 - Supporting the chest contour
 - Preventing fluid accumulation
- Wear it **24/7** for the first **4 weeks**, then during the day for an additional **2 weeks**, unless otherwise directed.
- Do not switch to non-medical garments unless approved.

Pain & Medication

- Most patients find discomfort very manageable.
- For optimal baseline pain control:
 - **Tylenol Extra Strength (Acetaminophen)** — every 6 hours
 - **Celebrex 200 mg** — every 12 hours for the first 3 days
- For breakthrough discomfort:
 - **Hydromorphone** — every 6 hours as needed

Aspect

- This combination of Tylenol + Celebrex, with Hydromorphone only if required, is recognized as an effective and well-tolerated approach.
- All pain medication may be stopped once you feel comfortable.
- Because these medications can cause constipation, consider:
 - **Colace 200 mg twice daily**
 - **Milk of Magnesia 15–30 cc at bedtime**
 - Adequate fluids + fruit or fibre intake

Bruising, Swelling & Healing

- Swelling and bruising peak at **48–72 hours** and steadily improve over 2–3 weeks.
- One side may appear more swollen or firm than the other early on — this is normal.
- A firm, rubbery feel under the nipple area is expected and gradually softens over several months.
- If liposuction was performed, donor areas may feel tight, firm, or lumpy initially.

Cold Compressing

- For the first **48 hours**, cool compresses may be applied to **non-liposuction grafted areas only** (e.g., over the vest).
- **Do not** place direct ice on the skin.

Showering

- You may shower once cleared at your first post-op visit.
- Brief showers only — avoid long hot showers in the first week.
- Allow clean water to run over the chest, then pat dry carefully.
- Avoid baths, swimming, or hot tubs for **6 weeks**.

Activity & Restrictions

- Begin **light walking** the day of surgery.
- Avoid:
 - Lifting more than 5 lbs
 - Raising arms above shoulder height
 - Chest workouts
 - Running, high-impact activity, or anything that increases chest strain
- These restrictions remain for **6 weeks** unless otherwise directed.
- Light exercise may resume at **4 weeks**.
- Full workouts (weights, push-ups, chest training) typically resume at **6 weeks**.

Sleeping Position

- Sleep on your **back**, slightly elevated, for the first 1–2 weeks.
- Avoid sleeping on your side or stomach until comfortable and cleared.



Scar Care

- Once the glue/tape has fully lifted and incisions are dry (around **3 weeks**):
 - Begin **scar gel** twice daily.
 - Start gentle massage and progress to firmer circular massage after one week.
- Continue scar therapy for **2–3 months**.
- Avoid sun and tanning on scars for **6 months**; UV exposure can permanently darken them.
- Silicone sheeting may be used if scars remain raised after 6 weeks.

Nipple Sensation

- Temporary numbness or hypersensitivity around the nipple–areolar complex is common.
- Sensation often returns gradually over several months, sometimes up to a year.

Contour Irregularities

- The chest may look uneven, swollen, or indented during early healing — this is expected.
- Small irregularities typically smooth out with time as swelling resolves and tissues relax.

When to Contact Us

Please contact **Aspect Plastic Surgery** if you experience:

- Rapid swelling on one or both sides
- Increasing redness or warmth
- Foul-smelling drainage
- Persistent or worsening pain
- Fever $> 38^{\circ}\text{C}$
- Shortness of breath, calf pain, or chest pain

If urgent and our office is closed, please visit **North York General Hospital Emergency Department** or your nearest emergency facility.