



# HOLLAND

PLASTIC SURGERY & AESTHETICS

## Gynecomastia Surgery

### Post-Operative Instructions

*The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.*

#### What to expect:

- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling, and tightness in the chest as well as discomfort in the incision area.
- Your chest will feel firm to the touch and your scars may be red and firm. The scars will soften and fade in time (approximately 6 months).
- You may not have sensation in the nipples. This usually returns as your body recovers.
- You may have random, shooting pains for a few months.
- Most of the discoloration and swelling will subside in 2-4 weeks.

#### Pain Medication:

- **Take pain medication as prescribed.**
- **For pain that is less intense it would be appropriate to alternate Tylenol 500 mg 1-2 tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex.**

#### Diet:

- Follow a balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase your fluid intake.
- Do not drink alcohol when taking pain medications.

#### Activities:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Listen to your body and rest when you are tired.
- In effort to reduce swelling, prevent post-operative complications, and promotes recovery, start walking as soon as possible.
- Do not drive until you are no longer taking the prescribed pain medications.
- Do not drive until you have full range of motion with your arms, approximately 7-10 days.
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.
- Avoid lifting anything over 5 pounds for 2 weeks.
- Do not smoke **any substance**, as doing so delays healing and increases the risk of complications.



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## Wound care:

- No showering for 48 hours and do not submerge your incision (example- bathtub, hot tub, swimming) until cleared by your provider.
- Your incision may be taped with steri-strips or covered with tissue glue. Leave these in place until they fall off themselves. You can expect some drainage onto the steri-strips.
- Keep incisions clean and inspect daily for redness, swelling, heat, and or drainage with an odor.
- You may pad the incisions with gauze for comfort.
- If your skin is dry after surgery, you may apply a moisturizer, but be sure to keep the suture area dry.
- Avoid exposing scars to sun for at least 12 months. Always use a strong sunblock (SPF 30), if sun exposure is unavoidable.

## Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a follow odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- You have side effects such as rash, nausea, headache and or vomiting from the medication.
- Severe bleeding occurs. Apply direct pressure to the area.
- You have a loss of feeling or motion.

## Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**