# Recovering after Gynecomastia Surgery

## Timeline

<table>
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<tr>
<th>Appointment</th>
<th>Description</th>
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<tbody>
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<td>PRE-OP</td>
<td>Pre-operative preparation and surgery preparation.</td>
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| SURGERY DAY | Surgery day activities include:
- Bandages for Free Nipple Graft stay on for 8-10 days. You will have 2 layers of ace bandaging, kerlix (gauze wrap), and your compression vest.
- Drain check |
| 1 DAY POST  | Activities include:
- Bandages for Free Nipple Graft stay on for 8-10 days.
- Drain Removal: Bandaging is not removed until 8-10 days.
- 8-10 DAYS PO – Bandage and Bolster suture removal
- Fluid Check
- Wound Check
- Tape Change/ Nipple dressing (photo taken 8 days po) |
| 6 DAY DRAIN REMOVAL | Activities include:
- Fluid Check
- Photos
- Wound check
- Tape Change/ Nipple dressing |
| 10 DAY BANDAGE REMOVAL | Activities include:
- Scar Check
- Photos
- Discuss Scar Management (After 3 months, you no longer are required to tape incisions and will be switched to a prescription strength Scar Cream to help fade pigment). |
| 10 DAY BANDAGE REMOVAL | Activities include:
- Scar Check
- Photos |
| 1 YEAR POST | Activities include:
- Final Photos |

## Appointments

- Take Pre-op Photos
- Get prepped for surgery
- Consents
- Gynecomastia Surgery is most commonly done using local anesthesia with oral sedation. You are able to eat a light meal prior to surgery. Patients are able to watch a movie of their choice during the procedure (shown above). Patients who are getting other procedures done in conjunction with Gynecomastia, may require General Anesthesia.
- Patients will go home in an 8-10 day bandage that acts as a “cast”. This bandage cannot be removed during this time. Patients are instructed to sponge bath the first 3 weeks following surgery.
- You will have limited arm motion for the first 10-14 days following surgery. During this time, patients will typically wear button up or zip up tops to avoid overhead lifting. Most patients will rate their pain level at a 4-5 on a scale of 1-10.
- Your arms will start getting range of motion slowly back after the first 10-14 days. You will still have mild soreness when doing overhead lifting. Each week the soreness will be less and less. There will be 1 more week of sponge bathing until you’re cleared at your next visit. Now that the ace bandaging has been removed, you are only required to wear the vest.
- Most patients will report itchiness and mild shooting pains until about 6 weeks post op. This is a normal part of the internal healing. By 4-5 weeks the majority of patients state they have very little to no discomfort. We will show you how to do your tape changes and how to care for the incisions. Tape should be changed every 10-14 days.
- By 3 months, you start feeling back to normal. Range of motion in the arms will be back and shooting pains will be rare if any. There is still internal healing and scar tissue that takes 6 months to fully form and thin out. Although incisions will look good at 3 months, they may be firm to the touch.
- Scars may have a pink/ red tone depending on patient’s age and skin tone. Using prescription strength Scarless will help fade your scars.
- At one year post op, the pigmentation of the scars will be faded and scars will appear skin tone in color. Scars continue to fade until 2 years after surgery.

## Aftercare

- Patients will go home in an 8-10 day bandage that acts as a “cast”. This bandage cannot be removed during this time. Patients are instructed to sponge bath the first 3 weeks following surgery.
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## Returning to Daily Activities

### 1 Day POST OP
All patients are required to wear a compression vest for the first 4 weeks following surgery.

### 1-2 DAYS POST OP
1-2 days post op:
- You will be cleared to drive 24 hours after your procedure as long as you are not on pain medication. Due to limited range of arm motion, most patients will wait 48 hours before driving.

### 2 WEEKS POST OP
2-4 weeks post op:
- You will be cleared for lower body workouts (stationary bicycle, stairs, leg weights, squats, etc.) For patients with small children, you will be able to hold them 2 weeks post op with modified arm motion. We will instruct patients on arm limitations based off how they are healing.

### 4-5 WEEKS POST OP
4-5 weeks post op:
- After 4-5 weeks, you will be switched from firm to moderate compression. This compression tank should be worn until you are 10-12 weeks post op. At 5 weeks, you will be cleared to slowly incorporate upper body workouts (Arms, Chest, Abdomen, Running, etc.).

### 10-12 WEEKS POST OP
- Cleared for all physical activity including high impact workouts, swimming, surfing, golfing, etc., with no restrictions.