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Office (479) 521-1500
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Gynecomastia Reduction Post-Op

- **BINDER:** You will be placed in a binder immediately after surgery. The purpose of your binder is to help contour your skin. It should be worn continuously for 4-6 weeks except during showers. The first time you remove this garment, please have someone by your side due to possible dizziness.
- **BLEEDING:** Small amounts of oozing and bleeding are common and expected. Feel free to change the gauze as need at home. If the bleeding is more than a slow staining of the dressings, apply firm pressure for 20-30 minutes. Should heavy bleeding occur, apply firm pressure and call the office immediately at 479-521-1500.
- **BINDER:** Postoperatively you will be placed in a surgical support binder. Wearing this binder will aide in contouring the chest smoothly. Please wear your binder continuously for 4 weeks. We will provide another binder for you.
- **SWELLING:** Swelling is expected with this surgery and will take 3-6 months to fully resolve. The shape of your chest will change and appear more natural and relaxed over several months.
- **STERI-STRIPS:** Steri-strips are adhesive strips that support the incisions in their early stages of healing and prevent widening of scars. Please leave the steri-strips on until they begin to come off naturally. You may gently wash over the steri-strips with anti-bacterial soap. Do not trim or pull any sutures. The long tails of the sutures are needed when removing them in 5-7 days.
- **ACTIVITY:** Do not lift anything over 5 pounds for 2-3 days. As you begin to resume normal activity refrain from any action that causes pain. You should not resume weight lifting or any high impact activities for 4 weeks. You may begin to exercise 14 days after surgery, but should discuss your exercise routine with Dr. Taylor at your post-operative visit.
- **PAIN:** Pain is expected after any surgery. Please follow instructions given to you with your pain medications.
- **DRIVING:** You may drive when driving does not cause pain. You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- **SHOWERING AND BATHING:** You may shower 24 hours after surgery. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming

scabs.

- **HEMATOMAS:** Hematomas are the collection of blood and fluid under the skin or muscle. They are rare, but must be reported immediately. A hematoma is evidenced by one side of the chest becoming significantly more swollen and painful than the other side. If you see evidence of a hematoma, contact Dr. Taylor's office immediately: Dr. Taylor and his staff will meet you back at the clinic to assess and possibly drain the hematoma immediately.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.

I understand and have received a copy of the post-op instructions

Signature: _____ Date: _____