



## Pre and postoperative care after Gynecomastia surgery

### Before surgery precautions gynecomastia:

**Diet-** You should not eat or drink anything for 6 hours before your surgery. You can brush your teeth in the morning before surgery but do not swallow the water while rinsing your mouth.

**Preparation-** Wear loose and comfortable clothes in dark colours. Make sure to shave your chest and underarms hair. Bring the blood test reports with you and your id proof as well. Bring one attendant like a friend or family member with you. Arrive at the clinic at an appointed time.

### Gynecomastia after surgery instruction:

**Follow up-** You have to visit our clinic for a follow-up after 2 days of your surgery. We will remove your dressing and check you to make sure that everything is normal.

**Fluid drainage-**The fluid discharge on dressing is expected. There is no need for you to panic. If you notice excessive bleeding or any unusual swelling then please inform us.

**Compression garment-** At the time of your surgery, a well-bind compression garment will be placed on your chest that you have to wear for 24 hours for a month and then overnight.

**Dressing removal-** After the dressing removal, you can take a bath and clean the chest area gently. Stitches will not be affected by the use of soap and water.

**Massage-** Massage your chest area gently with coconut oil at least 10 min daily on both sides for 1 to 3 weeks after your dressing removal.

**Diet-** You can eat light food just after your surgery. Drink a lot of fluids and after your dressing removal, you can continue with your normal diet.

**Exercise-** You can resume normal work and activities from the next day, such as walking and riding a bike, except those activities that require you to stretch.

Avoid vigorous workouts for 2 weeks after your procedure. Light cardio activity can be resumed after 1 week of your surgery. After 3 weeks of surgery you can do all types of exercise and heavy gym, swimming etc. There are no restrictions on activities after complete healing.

**Incisions healing-**The incision sites will heal in 2-3 week's time, and continue application of ointment prescribed. Avoid smoking and alcohol. There may be bruises on the chest region which will disappear in the next 7 to 10 days.

**Swelling-** The swelling will be there for a minimum 2 weeks which will reduce gradually, final result will take at least 3 months. There will be unevenness, hardness, stiffness, sagginess and numbness for a few days. It will reduce gradually in 1 to 3 months.

**Painkillers-** Some fever is expected as per the procedure. In that case TAB PARACETAMOL is advised to be taken as per the requirement.

**Follow up-** Your next follow up visit in the clinic will be after 14th days, 1 month and 3 months. After surgery pictures will be taken during that time. For any assistance you can call us during working hours.