



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

POST-SURGERY INSTRUCTIONS: GYNECOMASTIA CORRECTION

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch for after surgical correction of gynecomastia include the following:

Tightness and stiffness in treated areas: Bruising, swelling and redness: Tingling, burning, numbness or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Skin firmness, hypersensitivity or lack of sensitivity: This is normal and will gradually resolve over time.

Shiny skin or any itchy feeling: Swelling can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry: both sides of your body heal differently. One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Shortness of breath.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance localized to one area of the chest.**

DAY OF SURGERY INSTRUCTIONS:

- Walk every 2 hours for 10min, while awake
- Resume daily activities as tolerated
- Take medications as directed
- You may resume all medications immediately after surgery
- Sleep at 45 degree angle (2 pillows) for 1-2 weeks
- Keep incision clean and dry.
- Do not remove steri-strips (little white or brown tape strips)
- You may shower 24-48 hours after surgery.
- Do Not Drive while taking a narcotic of for 72hr post surgery.
- You may switch to Ibuprophen 24 hours after procedure
- Wear compression garment as directed
- Do not lift, pull, or push anything heavier then 5lbs for 2 weeks post surgery
- No exercising for 14 days or activity that will increase the heart rate.
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"