
What to expect after a gynecomastia repair (subcutaneous mastectomy):

- Your breasts will be significantly smaller, but will be swollen for 4-6 weeks. You may have some bruising.
- You can expect to be uncomfortable for 7-10 days. You will receive a prescription for oxycodone with acetaminophen. Most patients do not need narcotics after the first three days. If your pain is not severe, you can take Acetaminophen (Tylenol) or Ibuprofen (Advil/Motrin). Wait for 48 hours after surgery to take Ibuprofen.
- Take all medicine with food. Take Miralax if narcotics cause any constipation.
- You will be given a chest binder at the hospital.
- You will have stitches that are dissolvable. You will also have tapes around the areola/nipples. We will take them off and replace them in 2-3 weeks. The tapes help to form nicer scars.

Discharge Instructions:

- Leave chest binder in place until we see you for your first follow up visit
- Your first follow up visit will be between 3-7 days after the surgery
- After the first follow up visit, you can shower normally. Do not immerse your chest in water.
- Before the first visit, you can bathe in a tub, keeping your chest dry and binder on or sponge bathe.
- Do not lift anything heavier than a gallon of milk for one month.
- Do not raise your arms higher than your shoulders to lift or reach for objects.
- No strenuous exercise for 4 weeks. Walking is fine and encouraged. No upper body exercise for 1 month.
- You must wear the chest binder or compression dressing day and night for 1 month.
- Do not sleep on your stomach for one month. Side sleeping is ok.

Please call the office or nurse practitioner (347-502-1439) if...

- You have a fever greater than 100.5 °F.
- You seem to be bleeding and it won't stop. A little bit of blood on the tapes or dressing is fine.
- You have swelling or a lump that is growing, or you have a lot more swelling on one side.
- You feel an uncomfortable amount of fullness or pressure, especially on one side.
- You notice a funny odor, or yellow, pus- like discharge.