



# Neil J. Wells INC. MD, FRCSC

*Plastic & Reconstructive Surgery  
Hand & Microvascular Surgery  
Cosmetic Surgery*

## **GYNECOMASTIA POST-OP INSTRUCTIONS**

Following surgery, your chest will be swollen. This swelling will last approximately six weeks.

You will have a dressing over the incisions. Check regularly for increased swelling and firmness. Notify your doctor if either develops.

### **GENERAL ACTIVITY**

- Rest during the first 24 hours following your surgery. Gradually increase activity. For the first day, prop yourself up with pillows when lying down.
- Avoid all strenuous exercise and physical exertion for two weeks (one week with legs, two weeks with arms) – confirm this with your doctor.
- Keep your arms at your side for the first 24 hours. Do not raise your elbows above shoulder level.
- No heavy lifting, pulling or pushing.
- Cold compresses, such as small packages of frozen peas, placed on your chest may help to keep swelling at a minimum and can be soothing.

### **PERSONAL HYGIENE**

- Do not get the dressing wet initially.
- For the first 48 hours, do not have a HOT bath, sauna or sit in a hot tub. These cause you to overheat and increase the risk of bleeding.
- After four days, remove binding and soak gauze off with water in the shower.
- Leave steri-strips on until they fall off.
- You may wash your hair after 48 hours. Keep your elbows at your sides as much as possible.
- Stitches are dissolving but steri-strips under gauze act as extra stitches so leave them on until they fall off. If after four weeks they are still on and bothering you, put Polysporin on as it will melt the glue and then shower and they will fall off.
- Wear a tight fitting t-shirt or compression garment for three weeks after surgery.

### **PAIN/DISCOMFORT**

- Pain medication will be provided at the hospital.
- A prescription will be sent home with you.

### **NOTIFY THE DOCTOR IF ANY OF THE FOLLOWING HAPPENS:**

- You have severe pain.
- You feel feverish or run at temperature of over 38°C.
- You injure your chest.
- You have excessive swelling and/or firmness.

**FOLLOW-UP APPT:** Please call 604-688-8568 to make your follow up appointment or ask questions you may have.

**DR. NEIL WELLS: office 604-688-8568**

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