



James A. Rieger, MD
316-652-9333

Post Operative Information for Gynecomastia

The following information is intended for your well-being and will assist you during your recovery period. If you have any questions please do not hesitate to ask or call us at 316-652-9333 (there is an answering service 24 hour/day). For after hours, post-surgical concerns if you have left a message and have not received a call back within 30 minutes, you may call Kansas Medical Center at 316-300-4000 and have them contact me. If you are experiencing a medical emergency and need immediate medical attention please go to the nearest emergency room or if necessary dial 911.

Some reasons to call:

- Fever
- Pain not relieved by medication
- Excess swelling, redness, or warmth at the surgical site
- Drainage with odor, bleeding, or skin discoloration
- Difficulty breathing or chest tightness
- Any concerns or unusual symptoms

A Note About Questions

Your healing journey is unique, and no two recoveries are exactly alike. If something worries you, please reach out to our office directly. We know your medical history and surgery details, and can give you advice that's safe and specific to you. Online forums and social media may offer general information, but they can also be confusing or misleading. We're here for you—day or night—so please call us anytime you have questions or concerns. **316-652-9333**

You've just had surgery to remove excess breast tissue and improve the contour of your chest. This is a delicate procedure that requires thoughtful post-operative care. You'll have a compression garment in place when you leave the surgery center. Swelling, tightness, bruising, and some clear drainage from the incision sites are normal in the first few days.

A responsible adult must stay with you for the first 24 hours. You may feel lightheaded, tired, or groggy after anesthesia. Let someone assist you with walking, dressing, and getting in/out of bed.

Avoid the risk of extreme swelling & post operative problems by avoiding the six "S's"

- | | |
|--------------------|-------------------------|
| 1) Straining | 4) Sunshine |
| 2) Stooping | 5) Smoking |
| 3) Sexual activity | 6) Strenuous activities |

We will see you for a follow-up appointment 1 week after your surgery. This is usually scheduled at your pre-op visit. If it wasn't, please call our office at 316-652-9333 to make the appointment.



James A. Rieger, MD
316-652-9333

Post Operative Information for Gynecomastia

"DO"

- Fill your prescriptions right away.
- Complete your antibiotics and take pain medication as directed.
- Start your antibiotics the afternoon you get home from surgery—take one dose in the afternoon and one before bed. Beginning the next day, take them four times a day: at breakfast, lunch, dinner, and before bed..
- Start with liquids and light foods like crackers, soups, and jello. Gradually return to a normal diet.
- Resume prior prescriptions unless they're on the avoidance list.
- Drink plenty of fluids during the first 48 hours.
- Return to work in about 1 week, depending on your job. Ask Dr. Rieger if unsure.
- Wear your compression garment 24/7 for the first 2–3 weeks, except when showering. It helps reduce swelling and shapes the chest.
- After 3 weeks, continue wearing the garment at least 12 hours per day for another 3–4 weeks, unless directed otherwise.
- Shower 2 days after surgery, but avoid scrubbing or putting pressure on the chest area.

"DO NOT"

- Do not lift anything heavier than 5–10 pounds for at least 2 weeks. This includes children, groceries, laundry baskets, pets, etc. After that, gradually increase activity only as advised by Dr. Rieger.
- Do not care for children or dependents in the first 24 hours.
- Do not bathe in a tub or swim for 3–4 weeks.
- No lakes, oceans or hot tubs for 8 weeks.
- Do not make any important decisions or sign any important papers in the 24 hours following surgery or anytime while taking pain medication.
- Do not use hot or cold packs on treated areas.
- Remove the compression garment unless showering or changing it.
- Scratch or pick at the incision sites. You may take Benadryl by mouth if itching occurs.
- Drive or operate machinery while on narcotic pain medication.
- Drink alcohol for 1–2 weeks. Never mix alcohol with prescription pain meds.
- Resume strenuous exercise, sports, or workouts until cleared by Dr. Rieger.
- Expose your chest to direct sunlight for at least 1 month. Use SPF daily for 1 year after surgery.



James A. Rieger, MD
316-652-9333

Post Operative Information for Gynecomastia

Remember:

Swelling & Bruising

- Swelling and bruising are normal and usually improve within a few weeks. Swelling may shift downward toward your feet due to gravity. Full healing and final results can take 6 months to 1 year, so be patient—this is normal.

Pain Relief & Medications

- You may take Tylenol if needed, but do not take it along with your prescribed pain medication if it already contains Tylenol. Avoid aspirin, ibuprofen (Advil, Motrin), and other anti-inflammatory medications for 2 weeks before and after surgery, unless cleared by our office, as they can increase bleeding.
- If you experience itching, rash, wheezing, or tightness in your throat, stop all medications and call our office immediately—this may be an allergic reaction.

Sun Exposure & Skin Care

- Avoid direct sun exposure on the treated areas for at least 1 month. UV rays can darken healing skin. Use sunscreen (SPF 15 or higher) daily for 1 year after surgery. Moisturizers and creams may be used starting 3 weeks after surgery, but avoid putting them on incision sites until they are fully closed.

What to Expect After Gynecomastia Surgery

- Tightness & Discomfort – A feeling of tightness or pressure across the chest is common. Mild to moderate soreness can be expected, especially with movement.
- Drainage – Small amounts of blood-tinged fluid or light oozing at the incision sites may occur during the first couple of days.
- Appearance – The chest may appear uneven or asymmetrical at first due to swelling. This will improve as healing progresses.
- Garments – A compression garment will help reduce swelling, support healing, and improve contour. Wear it as directed.