

# Post-Surgery Precautions

## + Gynecomastia

- 01** Pain after gynecomastia surgery may occur 2~3 days after surgery. It will subside as time passes. There may be some stiffness in the chest area.
- 02** A corrective garment should be worn immediately after surgery. It should always be worn for 4 weeks after surgery to minimize swelling.
- 03** If a drainage bag is attached, please make sure to keep it in place and the valve open. It is normally removed next day
- 04** Stitches will be removed after 7~10 days. The surgical area may be sutured to minimize scars.
- 05** Avoid sleeping on your side or stomach for 4 weeks. Sleep on your back with the upper body slightly elevated.
- 06** Avoid heavy exercises such as aerobics, weight lifting, or running for 4 weeks after surgery. Taking a walk is recommended. Limit arm movements to daily activities like brushing teeth.
- 07** Shower can be done after 7 days; however, please avoid sauna and hot spring for 4 weeks.
- 08** Only the painkiller and antibiotic that are prescribed by the clinic should be taken and take them as directed. If the pain persists even after taking the medication, then Tylenol can be taken additionally. Please do not take painkiller that contains Aspirin as it may cause bleeding.
- 09** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause infection and smoking can damage/necrotize skin or postpone wound recovery as it contracts blood vessels.

