



Family Education Sheet

Home Care Instructions after a Gynecomastia Repair

Before the surgery

- **You should not take aspirin or ibuprofen or Tylenol® with codeine containing products for 2 weeks prior to surgery.** Many medications contain these compounds and others. These medications are blood thinners and may cause bleeding and they are very dangerous. It is safest to take only Tylenol® if needed. Also avoid vitamin E, red wine, and garlic.

Compression Garments and Drains

- After the surgery, you will wear a compression garment at all times.
- You may be sent home from the hospital with drainage tubes in place. You will be instructed on their care, and they will be removed by your surgeon.

Pain Medication

- You may have some pain and soreness after the surgery. Take pain medicine as prescribed and instructed by your doctor and nurse.

Bathing

- During the first week after surgery you will wear a compression garment at all times. You may sit in a bath and you will be able to wash under your arms but the garment cannot be removed.
- During the second week after surgery, after your post-operative visit, you may take off the compression garment for a shower each day. At all other times for the next three weeks, you are to have the garment on.
- All your sutures are dissolving. There are also paper tapes on all incisions. You may get these wet in the shower. You should pat them dry after showering. These paper tapes will fall off in about 2-3 weeks.

Activity

- Expect to take approximately one week off from school. Heavy backpacks over 10 lbs cannot be worn for 4 to 6 weeks.
- Jobs that involve physical activity should be avoided for 2 weeks.
- You may not play sports or engage in vigorous exercise for 6 weeks, including weight lifting.
- You can resume driving as soon as you are comfortable and after you have stopped prescription pain medication. This is usually around 2 weeks.

Follow-up

- You will be seen approximately one week after surgery in Dr. Labow's office.
- Dr. Labow can be reached by calling his office at 617-355-4964.
- It often takes a number of months for the "final results" to be apparent, including the appearance of scars and the final shape of your chest.

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A **Spanish** version of this is available from your provider
Send comments or questions to: **Familyed**@childrens.harvard.edu
