



Gynecomastia Aftercare Instructions

Recovery Timeline:

Week 1-2: You may experience significant swelling, bruising, and discomfort in your chest. You may also have bandages, splints, or drains on your chest to protect the incisions and prevent bleeding. You should use ice packs and medication as directed by your surgeon to reduce the inflammation and pain. You should follow a soft or liquid diet and avoid chewing, talking, or smiling excessively. You should also avoid any strenuous activity or exercise.

Weeks 3-4: You will notice an improvement in your swelling and mobility. You can transition to more accessible foods and resume your daily activities, such as work or school. You should still avoid any strenuous activity or exercise.

Weeks 5-6: You will have much less swelling and soreness in your chest. You can resume your regular diet and exercise routine. You should still avoid any contact sports or activities that may injure your chest.

Weeks 6-8: You will have almost complete recovery from your [gynecomastia surgery](#). Your swelling and bruising will be mostly gone. Your chest will be healed and stable.

Medications:

- You may be prescribed painkillers, antibiotics, and anti-inflammatory drugs to help you manage the pain, prevent infection, and reduce swelling after your surgery.
- You should take them as directed by your surgeon and follow the instructions on the labels. You should also avoid taking aspirin or NSAIDs, which can increase bleeding risk.

Diet:

- You should stick to cool, soft foods for the first 5-7 days after surgery. This includes items like yogurt, soup, smoothies, etc.
- You should avoid scorching, spicy, or crunchy foods temporarily, as these can be irritating or damaging to your chest.
- You should stay hydrated by drinking at least 64 oz of water per day.

Activity Restrictions:

- You should keep your chest elevated on several pillows while sleeping or resting for the first week.
- You should avoid any strenuous activity or exercise for 3-4 weeks after surgery. You should also avoid any contact sports or activities that may injure your chest.

Incision Care:

- You should keep your incisions clean and dry. You should monitor them for signs of infection, such as pus, redness, or fever.
- You should apply antibiotic ointment to closed incisions twice a day for one week.
- You should avoid submerging your chest underwater
- When showering, you should keep your chest dry or cover it with a waterproof dressing.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

