Gynecomastia Treatment Recovery Instructions

Congratulations on undergoing male chest contouring/gynecomastia treatment at the Reddy Aesthetic Institute.

The following instructions are meant to guide you through a comfortable and efficient recovery.

Commonly Prescribed Medications for Male Chest Procedures

Ibuprofen 800 mg	1 Tablet every 8-hour**Day of Procedure (Postoperative Day 0)** s	NSAID helps with discomfort and swelling
Doxycycline 50 mg	1-tablet twice daily	Oral antibiotic
Tylenol #3	1-2 tabs every 6-hours	Opioid combination for severe pain only

Following the procedure, you will be provided with a compression garment and lipoplasty foam.

In addition, absorbent pads will be applied to adits to collect drainage. The pads may be changed as needed.

Upon returning home, please sit or sleep on the chuck pads or towels in order to avoid drainage onto furniture.

You may enjoy a meal whenever you like and there are **no** dietary restrictions.

Antibiotics and Ibuprofen are to be started with the first meal after the procedure.

I recommend using Ibuprofen as a scheduled dose for 3-4 days after the procedure regardless of how comfortable one feels.

72 Hours Post Procedure (Postoperative Day 3)

It is recommended that the compression vest be maintained continuously for 48-72 hours. This is especially true for Simon's 2b cases.

After 72-hours, the compression may be removed and laundered and one may enjoy a shower (no tub baths, jacuzzis, or whirlpools).

The compression vest must be re-applied immediately after showering.

Postoperative 3-5

Your first follow up visit with Dr. Reddy or his assistants

Resumption of low impact exercises (walking, elliptical machines, stair climber)

Antibiotics must be completed by Post Op Day 5

Postoperative Week 2-3

Second follow up with Dr. Reddy

Depending on individual progress, your exercise activities may be further advanced. This depends on the degree of swelling etc.

After week 4 return to full activities

Most clients may return to full gym activities by 4-weeks. This includes swimming in a public pool etc.

Postoperative visits are scheduled at 3 and 6-months thereafter.

One can expect scar tissue to remodel and reduce in size during this time frame.

One can expect to realize 90% of the final result by 3-months.

Post-op photography of results at 3-months

Final results at 6-months

We like to see our clients at the 6-months mark as this represent the final results in the majority of patients. Some patients do require several more months and we will continue to follow up as necessary.