

Guidelines for invasive procedure aftercare

Male breastreduction, Gynecomastia

Stay in the hospital	1 night
Follow-up visit	On the 2nd day and on the 3rd week
Next mandatory visit	3rd month
The bandages will be removed with drains.	On the 2nd day
First shower	On the 5th day
Wear supportive underwear	2 months
Change wound dressing	During 2-3 week
May go to work	On the 1st-2nd week
Swelling and bruising appear	During 2-3 week
Avoid physically hard work	5 weeks
Avoid sexual relations	1 month
Threads self-dissolve	Within 3-4 weeks
The sutures will be removed	On the 2nd-3rd week
Forbidden to smoke	1 month
May go to sauna	After 1 month
Decrease of sensitivity in tissue may manifest	For 6 months
Outcome can be evaluated	On the 6th month
Protect skin from UV radiation	For 1 year