

Gynecomastia Surgery & Recovery Time

Consultation with Dr. Schuster - Dr. Schuster will listen carefully to your history, issues and concerns. He will perform a thorough exam and explain his findings to you. If surgery is recommended he will discuss the options, technique, preparation and recovery.

Pre-op visit - Usually 3-4 weeks before surgery Dr. Schuster will once again review the surgical plan and recovery. Instructions will be reviewed regarding pre-op preparation and post op care. Prescriptions will be sent.

Pre-Op History and Physical (H&P) - To be performed by your PCP or Urgent Care Center to make sure you are healthy and ready for surgery.

Surgery Day - At last! You will be seen by nurses, the anesthesia team and Dr. Schuster. You will wake up from surgery feeling well and rested. Generally there is NO pain immediately after surgery. Someone you know will need to pick you up. You will need a responsible adult to stay with you the first day/night of surgery. Dr. Schuster's office can help you hire someone if needed. You will be wearing a compression vest for three weeks. It can be removed for showers.

Post Op Days 1-3 - Feels like after a hard workout - sore and tight. Not particularly painful. Very tolerable. You may shower after 72 hrs. Rest. Quiet activity only. No exertion, exercise, lifting, pushing, etc

Post Op Day 6/7 - First post op visit to office. Dr. Schuster will check everything out. Continue to rest.

2 Weeks Post Op - May resume Cardio

3 Weeks Post Op - Return to see Dr. Schuster. Start massage. May begin weight training.

3 Month Post Op - Follow up with Dr. Schuster. Healing is about 85-90% done. Numbness is still there

6-9 Months Post Op - everything is soft again. Most of the feeling has returned. You are enjoying the beach/pool/gym

12 Months Post Op - No more thinking about gyno.