



PATIENT RECOVERY GUIDE

Gynecomastia Surgery Aftercare Instructions

Your personalised recovery guide following gynecomastia surgery with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Gynecomastia Surgery		DD / MM / YYYY	DD / MM / YYYY

Your recovery after gynecomastia surgery is usually quick and straightforward. The single most important thing is to wear your compression garment continuously for three weeks — it presses the skin onto its new, flatter contour and controls swelling. The incisions are tiny, the sutures hidden, and most men are back to daily life within days. The final chest shape becomes clear at about two months.

1 The First 48 Hours

- ◆ **Compression garment.** Wear your chest garment continuously, as fitted; it shapes the chest and limits swelling.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Rest upright.** Rest and sleep on your back, slightly propped up, in the first days.
- ◆ **Gentle movement.** Walk gently from the first day; light activity supports circulation and recovery.
- ◆ **Protect the incisions.** Keep the tiny incisions clean and dry; you may shower 2 days after surgery.
- ◆ **No heavy lifting.** Avoid heavy lifting, chest workouts, and straining in the first weeks.

2 Recovery Timeline

- DAYS 1 – 2
Early healing. Home the same day. Mild pain eased by medication. Shower at 2 days. Keep the garment on continuously.
- DAYS 3 – 5
Back to routine. Return to work in 3–4 days; travel from 2 days. Swelling and bruising begin to settle.
- WEEK 3
Garment comes off. Wear the compression garment for the full three weeks, then resume exercise gradually as advised.
- MONTH 2
Final shape. Swelling resolves and the flat, masculine chest contour becomes clear at about two months.

“I matched the technique to your tissue and removed it through the smallest possible openings. Now wear the garment faithfully — it is what presses the skin to its new shape. The flat, masculine chest is already there beneath the swelling.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your chest compression garment for 3 weeks.
- ◇ Rest on your back, slightly propped up.
- ◇ Walk gently from the first day.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Heavy lifting or chest workouts early on.
- ◇ Strenuous exercise before the garment comes off.
- ◇ Smoking, which delays wound healing.
- ◇ Sun exposure on the healing incisions.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or one-sided swelling.
- Bleeding, discharge, or opening of an incision.
- Severe or increasing pain not eased by medication.
- A firm, growing collection of blood under the skin (haematoma).
- Marked new asymmetry between the two sides.

5 Discharge Checklist

- ☐ Chest compression garment fitted and spare provided.
- ☐ Pain relief and any antibiotics collected.
- ☐ Garment-wear and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent or private concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS