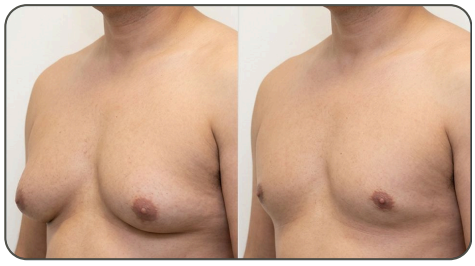
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GUIDES · GYNECOMASTIA CORRECTION

Gynecomastia Correction (Male Chest)



Gynecomastia surgery removes excess gland and fat from the male chest, usually through liposuction combined with a small incision at the edge of the areola. The compression vest is central to a flat, even result.

1 At a glance

PROCEDURE TIME	ANAESTHESIA	GOING HOME	GARMENT / DRESSING
About 1 hour	General anaesthesia or sedation	Home the same day	Compression vest 24/7 for 4 weeks, then daytime for 2 more

STITCHES	BACK TO WORK	EXERCISE
Dissolvable or removed at 7–10 days	5–7 days	Walking from day 1; cardio at 3 weeks; chest and arm training at 6 weeks

2 Before your surgery

Specific to this procedure

- Stop anabolic steroids, testosterone boosters, cannabis and other substances that can stimulate breast tissue — tell us honestly about any use, it affects your plan and safety.
- Buy your compression vest in the size we advise.
- Trim (do not shave) chest hair the day before if needed.

Preparing for surgery

2–4 WEEKS BEFORE

- Stop smoking and all nicotine — cigarettes, vapes, shisha, patches and gum — at least 4 weeks before and 4 weeks after surgery. Nicotine narrows the small blood vessels that heal your wounds and is the commonest cause of wound breakdown.
- Complete the blood tests, ECG or other checks we request, and bring any recent results you already have.
- Tell us about every medicine, supplement and herbal product you take, any allergies, and any previous anaesthetic problems.
- If you take the contraceptive pill, hormone therapy, or weight-loss injections (such as Ozempic, Wegovy or Mounjaro), tell us early — some need to be paused before anaesthesia, and we will tell you exactly when.
- Arrange time off work and help at home for the first days, especially if you look after young children.

10 DAYS BEFORE

- Stop aspirin, ibuprofen and other anti-inflammatory painkillers, and supplements that thin the blood: fish oil / omega-3, vitamin E, ginkgo, garlic, ginseng and turmeric. Paracetamol is fine.

- Do not stop any prescribed blood thinner (warfarin, apixaban, clopidogrel and similar) on your own — we will plan this with you and your doctor.
- Avoid alcohol from one week before surgery.
- Let us know straight away if you develop a cold, fever, cough, cold sore or any skin infection — surgery may need to move to keep you safe.

THE DAY BEFORE

- Nothing to eat for 6 hours before your admission time. You may drink plain water until 2 hours before, unless we give you different times.
- Take your usual morning medicines with a sip of water only if we have told you to.
- Prepare your recovery space: extra pillows, loose front-opening clothes, water bottle, phone charger within reach.
- Arrange an adult to drive you home and stay with you for the first 24 hours. You must not drive or take a taxi alone after anaesthesia or sedation.

ON THE DAY

- Shower and wash your hair. Do not apply body lotion, make-up, false lashes, nail polish, fake tan, perfume or deodorant.
- Remove jewellery and piercings; leave valuables at home. Wear glasses rather than contact lenses.
- Wear loose, comfortable clothes that open at the front and flat shoes.
- Bring your ID, your list of medicines, and your compression garment if we asked you to buy one.

3 After your surgery

Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before surgery if you are allergic to penicillin.
- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.
- Fusidic acid cream (antibiotic cream): apply a thin layer on the wounds twice a day, after showering, until they have healed.

First 48 hours

- Fluid leaking from the liposuction openings is normal for 24–48 hours.
- Rest with your back slightly raised; walk around every couple of hours.
- Keep arms close to your body; no lifting over 5 kg.

The compression vest

- Wear it day and night for 4 weeks, removing only to shower, then during the day for another 2 weeks.
- Keep it smooth — creases can leave temporary marks or ridges in the swelling.

- If we gave you foam pads to wear under the vest, keep them in place.

Wounds and daily life

- Shower from 48 hours; pat incisions dry and keep tapes on.
- Firmness and small lumps under the nipple are normal for several weeks; gentle massage or lymphatic drainage may be advised from week 2.
- No saunas, pools or sea for 3 weeks.
- Return to bench press, push-ups and heavy upper-body weights only after 6 weeks.

4 Your recovery, week by week

Day 1–3
Swelling and bruising; vest on continuously.

Week 1
Check-up; back to office work.

Week 3
Cardio and lower-body training.

Week 6
Full gym, including chest.

Months 3–6
Swelling fully settled; final contour.

5 Follow-up visits

- 1 week after your procedure
- 3 weeks after your procedure
- 6 weeks after your procedure

Call us straight away if you notice

- One side of the chest becoming much more swollen, tense or painful than the other.
- A temperature of 38 °C or higher, shivering, or feeling generally unwell.
- Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.
- Swelling that is sudden, tense and painful, or clearly larger on one side than the other.
- Redness that is spreading, increasing heat, pus, or a bad smell from a wound.
- Pain that is getting worse rather than better, or not controlled by the medicine we gave you.
- Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.