



GYNECOMASTIA POST OPERATIVE INSTRUCTIONS

The following instructions are designed to minimize discomfort after surgery.

DRAINAGE: Swelling and discoloration are normal following Gynecomastia surgery. The amount varies from person to person. *Patients will experience postoperative drainage after their Gynecomastia procedure.* Drainage may be significant for 12-48 hours and will dissipate. Drainage will also appear bloody. This is normal and you should not be alarmed. You will be sent home with pads to wear under your compression garment over your incision sites to collect the drainage. You will change these pads out as needed for 12-24 hours. You will also be sent home with chuck pads to place on furniture to avoid soiling.

NUMBNESS: You may experience localized numbness for several months. This is normal and will improve over time as your nerves regenerate.

GARMENT: **Your post-surgical compression vest is to be worn 24 hours per day until your first post-operative appointment. It is designed to help with swelling. You may take this garment off to shower 24-48 hours after surgery. You will be instructed to wear an elastic garment such as Under Armor for two weeks post-surgery. You may choose to wear the garment for up to 6 weeks to achieve optimal results and comfort.**

ACTIVITY: Patients should rest the day of surgery and watch for dizziness upon standing. **IT IS NECESSARY TO HAVE SOMEONE STAY WITH YOU 12 HOURS FOLLOWING SURGERY.** You may resume activities the next morning and should be up and moving around. To avoid complications, you should not be bedridden following this procedure. Other than walking, exercise should be resumed gradually over a period of one week and consult with the Doctor regarding exercise levels. We generally recommend returning to work 3-5 days after surgery, depending on how you're feeling.

BRUISING: You will experience bruising immediately after surgery, this is normal. Bruising may last up to a week and will be addressed at your first post-op appointment.

DIET: Meals are not restricted following surgery. Begin with clear liquids if you had IV sedation. Avoid salt to prevent water retention. Do not eat anything spicy or greasy; we recommend a diet high in fiber, lean proteins, fresh fruits and vegetables. Drink plenty of fluids. *Be advised that Percocet and Zofran will cause constipation.* We recommend taking Metamucil and stool softeners such as Colace.

SWELLING: Fluid retention will follow with this type of surgery. It's important to wear your compression vest to aid with the swelling. Most swelling will reside within the first month, but residual swelling may last for up to 6-12 months.

SHOWERING: You may shower 24-48 hours after your surgery. It is advised that you have assistance with your first shower, as you may experience dizziness and nausea removing your compression vest. You may NOT sit or submerge your body in water for 4 weeks. No swimming, hot tubs, whirlpools or baths.

PAIN: Pain is usually minimal and typically resides within 7-14 days after surgery.

MEDICATION: Do not take herbal supplements, aspirin, and aspirin-containing products, ibuprofen, arthritis relief medications, or vitamin E for two weeks before or after surgery.

You have been prescribed 3 medications:

- **Keflex (Cephalexin):** Antibiotic
Take this medication until completed (one week). Take your first dose (1 pill) when you get home. You will then take 1 pill four times a day until completed.
- **Percocet (Oxycodone/Acetaminophen):** **ONLY TAKE THIS MEDICATION AS NEEDED FOR PAIN**
Take your pain medication after a small, light meal to prevent nausea. Take one to two pills as needed for pain every 4-6 hours.
- **Zofran (Ondansetron):** As needed for Nausea
You may experience nausea and/or vomiting. Take one pill every 6-8 hours, as needed for nausea.

You may take Extra Strength Tylenol (Acetaminophen) instead of Percocet for pain management. DO NOT TAKE TYLENOL AND PERCOCET AT THE SAME TIME.

SUN EXPOSURE: Avoid exposing any small scars to sun for at least 12 months. Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

EXPECTATIONS: Try to keep in mind that we are trying to achieve significant improvement, not perfection. If your expectations are realistic, you are much more likely to be happy with the final result. Be patient, it may take up to 6-12 months to see optimal results from Gynecomastia surgery.

CALL IMMEDIATELY if you have a temperature over 100.4 degrees, sudden and/or abnormal swelling, intense pain not relieved by pain medication (minor pain and discomfort are to be expected even after taking pain medication). In case of an emergency call 911 or go to your nearest emergency room. For non-emergency related questions call our office during business hours to **833.972.8578**. If you have urgent concerns after hours, you may call or text 312.320.4655 (please note that the response may not be immediate and may only be contacted post-operatively).

Patient Signature

Date

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