

Pre and Post-Operative Instructions for Gynecomastia

Charleston Plastic Surgery

You have undergone major surgery. For a speedier recovery, please follow these instructions:

- Someone must be with you for the first 24-48 hours following surgery. This is to make sure you are taking our medicine properly, to assist you when walking if needed, and to get in touch with us if needed.
- You may experience a sore throat after surgery. This is common after anesthesia and will clear up in a few days.
- NAUSEA: Mild nausea is common after surgery. If you have moderate to severe nausea, please use Phenergan suppository as directed. If vomiting occurs, use ice chips until clear liquids can be tolerated.
- PAIN: You will be given prescription medications for pain and muscle spasms, please take as directed on the bottle. Starting the day after surgery we want you to take Ibuprofen 200mg, 4 times per day. You will be taking this in addition to your prescription pain medication to help reduce inflammation and swelling. When you are off the prescription pain medicine during the day, you are welcome to increase the Ibuprofen to reduce inflammation/swelling AND for pain. You may take Tylenol if you are allergic to Ibuprofen or if you are not allowed to NSAIDS. Please do not exceed 3200mg of Ibuprofen or 4g of Tylenol per day. Remember, narcotics may cause constipation, please drink plenty of water. You may use a stool softener if you have not had a bowel movement in 3 days.
- SMOKING: No nicotine is tolerated at least 4 weeks prior to surgery and for at least 8 weeks after surgery. Avoid secondary smoke. Nicotine will constrict blood vessels, leading to poor wound healing.
- DRIVING: Do not drive a car or operate machinery for at least 24 hours and until you are no longer taking narcotics.
- EXERCISE/ACTIVITY: Please be sure to walk around the house the day after surgery to prevent post-operative complications. Please be sure to have assistance when you first get out of bed. Gradually work up to your normal daily routine. For the first week, you should not lift anything greater than 10lbs and walking should be your only form of exercise. Further lifting instructions will be given to you at your first post-operative appointment but typically you should not lift anything greater than 30lbs and only low impact exercises from week 2 to week 6.
- REST: You will need to sleep 2-3 extra pillows. This will help reduce swelling and discomfort.
- COMPLICATIONS: If you experience a sudden fever of 101 or greater, increased swelling, redness, heat, or profuse bleeding please call our office for advice: 843-722-1985

Specific Instructions:

- If you have drains, the care will be described to you before you leave. The bulbs must stay compressed and the drainage should be measured and recorded at least twice daily.
 - If drains are present, you will return to our office 48 hours after surgery. We will perform your first dressing change.
 - If you do not have drains present, you will perform your first dressing change and shower at 48 hours. You will return to our office one week after surgery and further instructions will be given at that time.

- Shower at 48 hours
 - Remove all surgical dressings prior to shower.
 - Gently wash the incisions with a mild soap - DOVE
 - Gently pat your incisions dry.
 - Apply a very thin layer Aquaphor ointment to all incisions and cover with gauze.
 - Re-apply compression vest.
- You must shower daily to prevent wound infection.
- You must wear your compression vest at all times for 4-6 weeks. You may remove the vest for bathing and to launder.
- As the incisions heal you may experience pain, tenderness, numbness or itching. There may also be oozing of blood or clear yellow/red fluid. Spot bleeding, scabbing, and bruising are also normal after surgery.
- You will need to purchase a compression shirt to be worn following the compression vest.
- You will return for a follow-up appointment approximately one week after surgery. Further information will be given at this time.
- Do NOT apply heat or ice to surgical site.
- Do NOT massage until instructed.