

## 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 as directed. If vomiting occurs, use ice chips until clear liquids can be tolerated.
- PAIN: You will be given prescription medications for pain, please take as directed on the bottle. Starting the day after surgery we want you to take Ibuprofen 200mg, 4 times per day if not contraindicated (ie – history of bariatric surgery). 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. Please do not exceed 3200mg of Ibuprofen 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 4 weeks, 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.
- REST: You will need to sleep 2-3 extra pillows. This will help reduce swelling and discomfort.
- COMPLICATIONS: Complications, albeit uncommon, may occur following any surgical procedure. These may include (but are not limited to) bleeding, infection, damage to surrounding structures, scarring, tissue necrosis, wounding, change in nipple sensation, loss of nipple sensation, nipple loss (partial or complete), fluid accumulation (seroma), residual laxity of the skin, asymmetry, fat necrosis, contour irregularity, changes in skin sensation, DVT/PE or need for future surgery. 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.
- You may shower 2 days after surgery. If you have drains in place, to avoid having your drains dangle in the shower you may want to pin them to a long necklace or lanyard. You may remove the ace wrap

and any white gauze prior to taking a shower. If there is tape over your incisions, please leave this in place. It is Ok for the tape to get wet. You may shower normally but please keep your back to the water. Once finished, pat dry. You may re-apply dry gauze pads if there are areas which are leaking. Please re-apply the ace wrap around your chest snugly. You will be switched into a compression vest or compression T shirt following your first post-operative visit.

- You must shower daily to prevent wound infection.
- You must wear your compression vest at all times for 3 months. 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 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.
- It is OK to use moisturizer on your skin about 1 week after surgery. We do not recommend utilizing formal scar gels or sheets over the incision line until about 6 weeks after surgery. Any scar gel or sheeting containing silicone is sufficient.