

Corpus Christi Institute of Cosmetic & Plastic Surgery

POST OPERATIVE INSTRUCTIONS FOR RESECTION OF GYNecomastia

GENERAL INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and increase your fluid intake.
- Decreased activity may promote constipation, so you may want to add more ripe fruit to your diet. Prunes and prune juice work well for most.
- Take pain medications as prescribed. Do not take aspirin or any products containing aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- Do not drink alcohol when taking pain medications.
- Refrain from drinking alcohol for three weeks following surgery, even when no longer taking pain medications, as alcohol causes fluid retention.
- If you regularly take vitamins with iron, resume these as tolerated.
- Do not smoke or consume nicotine, as smoking delays healing and increases the risk of complications.
- **Please get Arnica in the pill form. Take once a day starting the day of surgery once you get home. Continue taking it for 2 weeks post op. This will help with bruising.**

ACTIVITY RESTRICTIONS

- Start walking as soon as possible with assistance the day of surgery, this helps to reduce swelling and lowers the chance of blood clots. Starting the day after surgery, walk 300 feet three times per day with assistance daily.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for two weeks.
- Social and employment activities can be resumed in 10-14 days.
- Sexual activity can be resumed in two weeks unless otherwise specified by your surgeon.

INCISION CARE

- You may shower 48 hours after surgery.
- Keep steri-strips on, and replace if they come off. Keep incisions clean and inspect daily for sign of infection. No soaking incision with water for two weeks after surgery.
- Leave dressing on for the first 72 hours following surgery.
- Wear compression garment continuously for 6 weeks unless otherwise instructed by your surgeon.
- Refrain from sleeping on your stomach for three weeks.

Initials_____

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FOLLOW UP CARE

- Your post-operative appointment will be scheduled before surgery for your convenience.

EXPECTATIONS

- Minimal to moderate post-operative pain (depending on extensiveness of procedure)
- Expect some drainage onto the steri-strips covering the incisions.
- You are likely to feel tired for a few days.
- Maximum discomfort will occur in the first few days after surgery.
- You may experience some numbness of nipples and operative areas.
- You may have some loss of sensation in the nipples.
- You may experience temporary soreness tightness, swelling, and bruising as well as some discomfort in the incision area.

APPEARANCE

- Flatter, firmer, more masculine chest contour
- 3-6 months until final results are apparent.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects such as rash, nausea, headache, or vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

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