



GYNECOMASTIA POST-OP INSTRUCTIONS

ACTIVITY

1. You will need to rest frequently the first week. You may walk around the house as tolerated.
2. For the first week, post-op sleep on your back with your head slightly elevated for comfort and to decrease swelling for the first 3 days
3. Every 2-3 hours take deep breaths to expand your lungs. Recommended to walk around the house at least 3 times a day to prevent blood clots.
4. Avoid picking up anything greater than 5-6lbs for 2 weeks. The doctor will advise you when you can start lifting anything heavier.
5. You can slowly resume workouts after the first week, using the body as a guide.
6. You may not drive while you are taking pain medication.
7. No housework until you are told otherwise.
8. No smoking for 2 weeks prior to your procedure and 2 weeks after your procedure (or being around smoke). This will increase your chances of getting any complications.

DIET

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides.

DRESSINGS

1. You may be given a compression garment wrapped snugly around the chest. You will feel tightness in the chest but as swelling decreases, garments do get looser. This is normal and will gradually subside in 4-7 days.
2. You may shower the day after your procedure. You may get your steri strips wet, please pat dry the steri strips well before layering on any clothes. Do not remove your steri strips, we will replace them and remove sutures at your post-op appt.

MEDICATION

1. The antibiotic should be taken until it is completed as prescribed. Start taking as soon as you get home.
2. For pain or discomfort please take your Ibuprofen before taking the Norco pain medicine because it may cause constipation and nausea. Drink plenty of fluids. You may take any over the counter laxative as needed.
3. Do not drink alcohol 2 weeks before and 2 weeks after your procedure.
4. The pain medicine can cause nausea and should be taken with food at each dose.

5. Do not drive until you have stopped taking pain medication.

CALL THE OFFICE AT (310) 598-2648 IF YOU HAVE:

1. A temperature greater than 101 degrees.
2. Excessive bleeding saturating the dressings.
3. Persistent nausea or vomiting, Increases swelling or increased redness, foul order or increases drainage. Or fevers of 101 or higher
4. Have not urinated in 12 hours after discharge
5. Any questions regarding your care.

IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND GO TO THE NEAREST HOSPITAL.