

Gynecomastia

Post-Op & Care Instructions

General Discharge Instructions

- Anesthesia will be in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly.
 - Because of this, for the first 24 hours, do not:
 - Stay alone
 - Drive a car, operate machinery/power tools
 - Drink alcohol
- Showering: You can shower 24 hours after surgery. If you have drains, use a lanyard or string to hold drains. Warm water can intensify the effects of pain medicine, be cautious in case you feel lightheaded.
- No bath, hot tub or swimming until you are cleared by Dr. Min.
- No ice or heat to surgical site. Sensation can be decreased for some time after the procedure and you can burn or freeze your skin.
- Do not smoke and avoid second hand smoke when possible. This can cause delay in skin healing.

Diet

- Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods for the first 24 hours. If you experience nausea, use your nausea medication (ondansetron/Zofran).
- Protein intake should be around 60 grams a day, to help with skin healing.
- Stay hydrated, drink plenty of fluids. 64 oz of water a day.

Activity & Positioning (first 4-6 weeks after procedure)

- Sleep and relax at an incline (~45°) for the first 3-5 days, or as long as it helps with your swelling/comfort. You can use extra pillows in bed or a recliner.
- Rest, but not bedrest. Make sure (while awake) you get up and walk around every 2-3 hours to prevent blood clots.
- Avoid activity that will increase your heart rate or blood pressure.
 - Keep heart rate below 100 beats per minute. Elevated heart rate can cause increase in swelling & pain.
 - Elevated blood pressure can cause bleeding.
- Avoid lifting anything heavier than 10lbs.
- Avoid pushing, pulling & raising your arms over shoulder level for 4 weeks (you can do your hair).
- You can drive when you are no longer taking narcotic pain medicine and your range of motion is safe to drive.
- If you notice an increase in pain or swelling, you may need to decrease your activity.
- Do not start physical therapy until cleared by Dr. Min.

Garment

- You will need a compression garment (similar to the one pictured) that covers the surgical site to wear post-op.
- You will wear this garment day and night for 4 weeks as much as tolerated.
- You can take that garment off to shower and launder.



Medications

- Antibiotic
 - Start your antibiotic after surgery with a meal (ie. Dinner). Complete the course of antibiotics.
 - If you have drains, continue antibiotic until your drains are removed (you have 2 refills on your original prescription).

- Pain Medicine
 - Take narcotic pain medicine as prescribed. Wean off of the narcotics to Tylenol or ibuprofen when able. Generally, patients need narcotic pain medicine for the first 5-7 days.
 - If this medicine causes *nausea*, try taking your nausea medicine 20-30 minutes before.
 - If this medicine causes *itching*, try taking Benadryl or an anti-histamine.
 - This medicine can cause *constipation*, have over-the-counter stool softeners (ie. Senna, Miralax, Colace) at home. If you are prone to constipation, start stool softeners when you get home on your surgery day.
 - Do not drive while taking narcotic pain medicine.
- Muscle Relaxer (Robaxin)
 - Take this medication as needed for muscle spasms. It can be taken at the same time as your pain medicine.
- Nausea Medicine (Ondansetron/Zofran)
 - Take when nausea is present. If the pain medicine is causing nausea, take this medicine 20-30 minutes before.
- Scopolamine Patch
 - This patch helps with nausea & can be left on for 72 hours. Most common side effects are dry mouth and blurry vision, if these occur remove patch and wash location where patch was placed. After removal, wash hands.

Wound Care

- Your incisions will have steri-strips over them. These will come off on their own, if they start to peel, you can trim the loose edges. No wound care is needed.
- If you have an incision line, the sutures are dissolvable and they will dissolve over the next few months. If you feel a suture poking out, this is normal. You can trim it.
- If your surgery involved liposuction, there will be small incision site with a stitch that is not dissolvable, and will come out at your post op appointment.
- If you have a drain, the suture holding your drain is not dissolvable & will be removed with the drain in the office.
- Incisions may have drainage over the first 1-2 days, dry gauze can be placed over the incision & steri-strips.

When to call the doctor

- High fever (101^F or greater)
- Pain that cannot be controlled by your pain medication
- Bright red skin that is hot to the touch
- Excessive drainage or bleeding from incisions
- One side is severely more swollen than the other

If you have any questions about anything dealing your surgical site, do not hesitate to call and ask.
Phone # 425-463-9883