

Elite Plastic Surgery

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Gynecomastia Post Operative Instructions

1. **Activity** - Immediately following gynecomastia surgery you will want to rest. Once you feel up to it, get something light to eat and take medications as instructed. At some point during the day or evening, you will want to get up and walk around for 15 minutes every hour to promote proper blood circulation. Avoid lifting anything heavier than 5 pounds, lifting children or having sex for 2 weeks. To lower the risk of bleeding, swelling, and separation of your incisions it is very important to wear your compression 24/7 for 4 weeks (except while showering) and to restrict your activity. Please do not plan to increase your heart rate or blood pressure by exercising for the first two weeks after surgery. We will discuss increasing your activity at your 1-week follow-up.

2. **Sleep** - After gynecomastia surgery, it is important to rest and sleep at a 45-degree angle on your back for at least the first 3 days. Continue to do so until you feel comfortable sleeping the way you normally do. This will vary from patient to patient.

3. **Garment/bandage** - For the first 48 hours after gynecomastia surgery you will have bandages and a binder wrapped around your chest. You should have gentle compression. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow. Drainage from liposuction incision is normal, this will decrease over a 24 hour period. Make sure you are staying hydrated. If the output increases or does not slow down please contact the office.

4. **Shower** – You may shower 48 hours after your surgery. Allow the water to drizzle down over your chest. It is OK for the surgical tape on the incisions to get wet. Afterwards, pat dry and put your garment/bandage back on.

5. **Incision care** - The sutures used will dissolve on their own. You will have surgical tape over the incisions to promote optimal healing.

PLEASE DO NOT PLACE ICE PACKS OR HEATING PADS ON OR NEAR ANY SURGICAL SITES DUE TO ALTERED SENSATION AND INABILITY TO FEEL WHEN TOO HOT/TOO COLD!!!

6. **Driving** - Do not drive for the first three days, while on pain medications, or if you feel impaired in any way.

7. **Blood thinners** - Do not use aspirin-containing products for at least one week. You may take Tylenol or pain medication as prescribed.

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8. **Exercise**- You can exercise areas other than your chest for two weeks following gynecomastia surgery. Begin with non-impact cardio and light weights. It's important to progress very slowly. If you feel any discomfort in your chest, your body is telling you you're doing too much. Swelling will delay your recovery and may cause other problems. Listen to your body. Typically, it takes eight weeks to begin working out your chest and to return to impact/cardio activities (running, etc). You should also avoid carrying a backpack or messenger bag over your shoulders for the first 2 weeks after surgery. You want to avoid tension or strain on your chest, so your incisions heal properly.

9. **Work** - Typically, you can go back to sedentary jobs within 3 days following gynecomastia surgery. Physical jobs could take anywhere from 1-2 weeks. Often, patients with physical jobs will modify their job or get someone to help them the first week so they can get back to work quicker. The time you need off work will also depend on how quickly your body recovers. Everyone heals at a different rate.

10. **Sun exposure** - Avoid direct sun exposure on the incisions for at least 6 weeks. After 6 weeks, apply sunscreen (at least SPF 15) to the incision area. If possible, it's best to avoid the sun completely for up to 3 months.

11. **Medications** - Be sure to take all medications as directed. If you develop a reaction to any of the medications, please stop taking it and call our office so we can prescribe an alternative.

12. **Bruising** - If bruising occurs, you can apply Arnica Montana cream to help them fade more quickly. Avoid applying the cream directly on the incisions. Bruising usually clears up within 2-3 weeks.

13. The office will contact you the day after surgery to check-up on you, answer questions and book follow-up. (Friday/Weekend surgeries - patients will be called on Monday.)

Medications Prescribed (not all medication may apply)

Please take all your medications as prescribed.

Scheduled Medications: Please take these medications as scheduled

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered) is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

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(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

As needed: These medications are scheduled “as needed” per your pain level. We provide you with many types of medications that focus on the “type” of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.

Toradol (ketorolac): 10 mg every 6 hrs = 15 tabs

Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

Gabapentin (Neurontin): 100 mg; every 8 hours = 48 tabs (16 days)

Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

***this medication can make you sleepy, please do not plan to drive on this medication**

Cyclobenzaprine (Flexeril): 5 mg; every 8 hrs = 10 tabs

Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

***please do not drive while on this medication**

Oxycodone (Narcotic Pain Reliever): po every 4-6 hours as needed = 30 tabs

Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered) is an oral narcotic prescribed to manage your pain.

***please do not drive while on this medication**

Docusate Sodium (Colace): Stool Softener: every 12 hours = 14 tabs (7 days)

Senna: Bowel Stimulant: every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.

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