



## GYNECOMASTIA POST OPERATIVE INSTRUCTIONS

The following instructions are designed to minimize discomfort after surgery. **PLEASE REMEMBER THAT RESULTS FROM GYNECOMASTIA SURGERY TAKE TIME.** You may not see the final results for up to 6 months.

**DRAINAGE:** Swelling and discoloration are normal following [Gynecomastia surgery](#). The amount varies from person to person. Patients will experience post-operative drainage after their Gynecomastia procedure. Drainage may be significant for 12-48 hours and will dissipate. Drainage will also appear bloody. This is normal and patients should not be alarmed. You will be sent home with pads to wear under your compression garment over your incision sites to collect the drainage. You will change these pads out as needed for 12-24 hours. You will be sent home with chuck pads to place on furniture to avoid soiling.

**NUMBNESS:** You may experience localized numbness for several months. This is normal and will improve over time as your nerves regenerate.

**GARMENT:** Your post-surgical compression vest is to be worn 24 hours per day until your first post-operative appointment. It is designed to help with swelling. You may take this garment off to shower 24-48 hours after surgery. You will be instructed to wear an elastic garment such as Under Armour for two weeks post surgery. You may choose to wear the garment for up to 6 weeks to achieve optimal results and comfort. You may remove the garment for showering. Below is a link to Amazon with a recommended compression shirt to guide you through choosing the best garment option to purchase.

**It's called Under Armour Men's HeatGear Armour Sleeveless Compression Shirt.**

[https://www.amazon.com/Under-Armour-HeatGear-Sleeveless-Compression/dp/B00KHTOY3S/ref=sr\\_1\\_7?crid=3M4915Z1JGNDR&keywords=under+armour+compression+shirt+men&qid=1551898328&s=gateway&sprefix=under+armour+compress%2Caps%2C340&sr=8-7](https://www.amazon.com/Under-Armour-HeatGear-Sleeveless-Compression/dp/B00KHTOY3S/ref=sr_1_7?crid=3M4915Z1JGNDR&keywords=under+armour+compression+shirt+men&qid=1551898328&s=gateway&sprefix=under+armour+compress%2Caps%2C340&sr=8-7)

**ACTIVITY:** Patients should rest the day of surgery and watch for dizziness upon standing. You may resume activities the next morning and should be up and moving around. To avoid complications, you should not be bed ridden following this procedure. Other than walking, exercise should be resumed gradually over a period of one week and consult with the Doctor regarding exercise levels.

**IT IS NECESSARY TO HAVE SOMEONE STAY WITH YOU 12 HOURS FOLLOWING SURGERY.**

**RETURNING TO WORK:** We generally recommend returning to work 3-5 days after surgery depending on how the patient is feeling.

**DIET:** Meals are not restricted following surgery. Begin with clear liquids if you had IV sedation. Avoid salt so you will not retain water. Do not eat anything spicy or greasy, we recommend a diet high in fiber, lean proteins, fresh fruits, and vegetables. Drink plenty of fluids. Be advised that Percocet and Zofran will cause constipation. We recommend taking Metamucil and stool softeners, such as Colace.

**SWELLING:** Fluid retention will follow with this type of surgery. It is important to wear your compression vest to aid with the swelling. Most of the swelling will reside within the first month, but residual swelling may last for up to 6-12months.

**SHOWERING:** You may shower 24-48 hours after your surgery. It is advised that you have assistance with your first shower, as you may experience dizziness and nausea removing your compression vest. You may NOT sit or submerge your body in water for 4 weeks. No swimming, hot tubs, whirlpools or baths.

Initial



**PAIN:** Pain is usually minimal and typically resides within 7-14 days after surgery.

**MEDICATION:** Do not take herbal supplements, aspirin, and aspirin containing products, ibuprofen, arthritis relief medications, or vitamin E for two weeks before or after surgery.

You have been prescribed 3 medications:

**Keflex (Cephalexin):** Antibiotic

Take this medication until completed (one week).

Take your first dose (1pill) when you get home. You will then take 1 pill four times a day until completed.

**Zofran (Ondansetron):** As needed for Nausea

You may experience nausea and/or vomiting.

Take one pill every 6-8 hours, as needed for nausea.

**Percocet (Oxycodone/Acetaminophen):** As needed for Pain

Take your pain medication after a small, light meal to prevent nausea.

Take one to two pills as needed for pain every 4-6 hours.

**ONLY TAKE THIS MEDICATION AS NEEDED FOR PAIN.**

You may take **Extra Strength Tylenol (Acetaminophen)** instead of Percocet for pain management.

**DO NOT TAKE TYLENOL AND PERCOSET AT THE SAME TIME.**

**SUN EXPOSURE:** Avoid exposing any small scars to sun for at least 12 months. Always use a strong sun block, if sun exposure is unavoidable (SPF 30 or greater).

**EXPECTATIONS:** Try to keep in mind that we are trying to achieve significant improvement, not perfection. If your expectations are realistic, you are much more likely to be happy with the final result. Be patient, it may take up to **6-12 months** to see optimal results from Gynecomastia.

For non emergency related questions **ALWAYS** call our office during business hours to **312.846.1529 (ex: appointment inquiry, time of upcoming appointment etc...)**

For immediate emergencies **911 or go to Presence Saint Francis Hospital located on 355 Ridge Ave, Evanston, IL 60202.** If you are unable to go to St.Francis, you may go to Presence Saint Joseph Hospital, located on 2900 N Lake Shore Dr, Chicago, IL 60657.

If you have urgent concerns **after business hours**, you may call **312.320.4655** (please note that the response may not be immediate. This phone number is not to be used for general inquiries such as appointment inquiries, time of appointment, or scheduling appointments, you should contact our office during business hours.

**CALL PHYSICIAN IMMEDIATELY TO 312.320.4655**

- If you have a temperature over 100.4 degrees
- Sudden and/or abnormal swelling
- Intense pain not relieved by pain medication (minor pain and discomfort is to be expected even after taking pain medication).

Initial