

## **GYNECOMASTIA EXCISION POST-SURGERY INSTRUCTIONS**

### **MEDICATION**

Please do not take Vitamin E, aspirin, Bufferin or any medicine containing ibuprofen (ie.Motrin) 10 days before surgery. Tylenol is fine to use as a mild pain reliever before and after your surgery. You will also be given prescriptions for pain medication and antibiotics to take to take after your surgery. The pain medicine can be taken every 4-6 hours if needed but the antibiotics should be taken until all the pills are gone. It is OK to start taking ibuprofen 36 hours after surgery. This may be taken with your prescription pain medicine and will let you stop taking the prescription medicine more quickly.

### **CLOTHING**

For most cases, no type of compression is needed. Instead, please wear comfortable, loose clothing for the first week after surgery.

### **ACTIVITY**

Please try to walk several times the day of and the first days after surgery. When sleeping, it is generally most comfortable to sleep on your back or your side. In general, light or non-impact exercise (elliptical trainer, exercise bicycle) is OK after two weeks and more strenuous activity after 3 weeks.

### **BANDAGES**

Ice packs on the side of your chest often are helpful to relieve discomfort for the first 24-48 hours. The dressings placed are waterproof, however, they can be soaked underneath with showering and for that reason we recommend either a sponge bath or trying to minimize wetting the dressing while showering. If your dressing does become soaked underneath, that's OK, just please call our office and we can arrange for a follow up appointment for the next day.

