

After Breast Gynecomastia Excision/Liposuction Instructions

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Percocet: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Zofran: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Colace: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Zanaflex: This will help relax the muscles involved in your procedure, which will also help with pain control.

Although you have been given a prescription for pain medication, you may only need regular Tylenol or Ibuprofen and should try it first. If your stomach becomes irritated or upset, stop the medication. **Do not use aspirin containing products which may increase your chances of bleeding complications.**

Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- Leave your compression garment in place the night of your procedure.
- You may remove bandages the day after your surgery.
- You may shower after your bandages are removed. Do not allow direct high pressure shower spray to hit incisions. Do not soak incisions.
- Leave clear dressings in place over the chest for the first week. These will be removed in the office at your 1 week visit.
- Leave steristrips in place. Do not remove the steristrips.
- Place new, dry gauze bandages and tape over the incisions if needed.
- Slight signs of blood may show on the bandages and this is normal.
- Wear compression garment or compression shirt 23 hours a day for one month to help tighten the skin and reduce the risk of fluid collection.

Drain care (if needed):

- Empty and record drainage from drains every 12 hours. A drain will not be removed until there is less than 30ml of output from the drain in a 24 hour period.
- Your drain will be removed typically after 7-10 days.

Post Operative Range of Motion Exercises:

- To reduce tightness in the chest and shoulder muscles after breast surgery, we recommend that you perform this gentle stretch beginning the night of surgery and then twice daily after surgery:
 - Stand next to a wall and place your hand on the wall. Gently walk your fingers up the wall until you feel a stretch. Hold that position for 15 seconds.
 - Perform this stretch on each side.
- This works well if performed twice a day, but if you feel that it is still tight, you may perform it more frequently.
- Slow and easy stretching helps to prevent shoulder problems and muscle spasm after surgery.

Activities:

- Rest with your head of the bed at about 30° elevation, especially when you sleep.
- No heavy lifting for four (4) weeks. Do not push, pull or lift anything heavy (over 20lbs).
- You may ambulate the night of your procedure. Walk with assistance to the bathroom, living room, etc. starting the night of your procedure. You are not on bed rest.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure.
- Do not engage in sexual activity for a minimum of two weeks after surgery.

Return to Particular Activities

- 2 weeks after surgery: you may return to nonimpact aerobics (stair master, low-speed elliptical)
- 4 weeks after surgery: may begin running, but wear an athletic compression shirt for the next 2 weeks (post op week 5 and 6)
- 6-8 weeks after surgery: may begin push-ups, pull-ups and swimming.
- With all activities, it is important to listen to your body. Don't push too hard, take it "low and slow"
- Avoid quick, hard movements that could break a suture or tear the incision apart. Avoid excessive lifting that can cause increased pressure and possible bleeding.

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.
- Drink plenty of fluids/water (eight 8oz glasses a day).

Follow-up appointments:

- 1 week after surgery: Remove clear dressing and monitor swelling.
- 2 weeks after surgery: Check incisions, monitor swelling, discuss scar care.
- 2 months after surgery: Final check to make sure everything is healing well after surgery.

Watch for the following signs and symptoms. Notify the office immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Sudden increase in drainage.
- Bruising is **NORMAL**.

Call the office if you have any questions.