

Gynecomastia Instructions

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet. Please continue to drink several glasses of water per day after surgery.
- Take pain medication as prescribed. Do not take aspirin or Ibuprofen or any products containing NSAIDs (stop taking 2 weeks before procedure). You may take Tylenol with narcotic pain medication or in place of narcotic pain medication for mild pain.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- The pain medicine may cause constipation. Remember to stay hydrated and take a stool softener to prevent constipation.
- Avoid drinking alcoholic beverages for 48 hours before surgery and 48 hours after surgery.

Activities

- You may shower after 72 hours following your surgery **IF** you do not have drains.
- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Avoid strenuous exercise and activities for 4-6 weeks or until released by Dr Parikh.
- Expect to wear a compression vest for 24 hours per day for 4 weeks, and 12 hours per day for 2 additional weeks.

Incision Care

- If drainage tube(s) have been placed, please see separate drain care handout with more detailed instructions.
- Leave steri-strips in place for 2 weeks. We will help remove clear plastic dressings during your follow-up visits.
- Your sutures are absorbable and do not need to be removed.
- Once incisions have fully healed (about 4 weeks) we recommend starting a silicone topical therapy to improve scar appearance. We recommend Silagen products (100% medical grade silicone gel or sheeting) and carry Silagen in our office.

What to Expect

- Postoperative pain is minimal.
- Your chest will be wrapped with ace wraps for compression immediately after surgery. You will also be wearing a compression garment.
- There will be swelling and discoloration. As your initial swelling resolves in about 2 weeks, you'll need to tighten your compression vest. Expect that over the 2-3 weeks after surgery you will need to adjust the straps on your vest to increase the compression.
- There may be numbness around the operative areas. This is temporary and will go away within the next couple of months.

PLEASE CALL THE OFFICE IF YOU EXPERIENCE:

- A temperature greater than 101 degrees.
- A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
- If you have persistent vomiting, have a pharmacy number so a script can be called in.
- Any questions regarding your care.

You may contact Dr. Parikh directly if you experience an urgent question or concern after hours.

IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND/OR GO TO THE NEAREST HOSPITAL