

WEST COAST PLASTIC SURGERY CENTER

GYNECOMASTIA SURGERY POST-OP INSTRUCTIONS

ACTIVITY

1. You will need to rest frequently the first week. You may walk around the house as tolerated.
2. For the first week post-op sleep on your back with your head slightly elevated for comfort and to decrease swelling. Avoid sleeping on your side.
3. Every 2-3 hours take deep breaths to expand your lungs.
4. Avoid picking anything up greater than 1-2 lbs the first week. The doctor will advise you when you can start lifting anything heavier.
5. Do not exercise until the doctor says you may do so.
6. You may not drive the first week or while you are taking pain medication
7. No housework until you are told otherwise.
8. No smoking or being around smoke at least the first 2 weeks after your surgery. This will interfere with your healing.

DIET

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides
3. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

DRESSINGS

1. You will have an Ace bandage wrapped snugly around the chest. You will feel tightness in the chest from the wrap. This is normal and will gradually subside in 4-7 days.
2. You may not shower the first week - sponge bathe only, until dressings are removed at your first post-op visit.
3. You may have 1-2 drains. They may stay in until your first post-op visit or longer if necessary.
4. Follow drain care instruction sheet for drain management.

MEDICATIONS

1. Take your antibiotic until it is completed.
2. If the pain medication is a narcotic it should be taken as prescribed. Do not take any Tylenol while on pain medication. The medication we prescribe may already have Tylenol in it.
3. Do not drink alcohol or drive a car while taking pain medication.
4. The pain medication may cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Vitamin E and Ibuprofen (wait at least 5 days post-op).
6. If you take aspirin or coumadin check with the doctor to see when you may resume them.

CALL THE OFFICE AT (805) 983-1999 IF YOU HAVE:

1. A temperature greater than 101 degrees
2. Excessive bleeding from the incision.
3. If you have persistent vomiting, have a pharmacy number so that a script can be called in.
4. Any questions you may have regarding your care.

**IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE
CLOSEST HOSPITAL.**