



INSTRUCTIONS AFTER GYNECOMASTIA SURGERY

A nurse will call you between 4 PM and 7 PM the day of your surgery to check on your recovery. If you have any unusual bleeding, severe pain (not responding to pain medication) or any signs of infection, call (617) 786-7600 anytime to reach the doctor.

Activity:

- Immediately after surgery you should rest for the first 48 hours.
- Apply cooling packs for the first 24-48 hours while awake, ten minutes on and ten minutes off, your sensation may be altered, be careful to protect your skin.
- Stay in the company of a responsible adult the first night.
- Commence on a light diet as tolerated as anesthesia can make you feel nauseous.
- You should sleep on your back, elevated with at least one or two pillows in order to minimize swelling.
- Avoid any strenuous activity or heavy lifting.

Dressing Care:

- You may remove your dressing in 48 hours. After removing the dressing you may cover the breast with a clean bandage as needed.
- Wear your compression vest continuously for two weeks. You may remove for showering and washing. If we applied an ace wrap leave in place for first 48 hours you may then remove to shower and reapply for an additional 48 hours. .
- You may shower 48 hours after surgery. You may get the surgical site wet briefly while showering then pat gently dry. Reapply the vest or ace wrap. Do not swim or bathe in water.
- If Steri Strips are used, they can remain in place until the edges of the tape begin to curl (approx. 7-10 days). After they begin to curl and are no longer useful you may gently remove them. Sometimes a skin adhesive is used instead of steri strips. The skin adhesive will flake off once you begin showering.

Medications:

- You may take Tylenol for mild/moderate discomfort. (If the pain medication you are taking contains Tylenol (e.g. Percocet, Vicodin) DO NOT TAKE two items containing Tylenol at the same time).
- Take pain medication as needed for more severe pain according to the instructions on your prescription. Start with the narcotic that was prescribed (Vicodin or Percocet)

Please use the medication prescription(s) already given to you:

Pain Medicine _____

Anti-nausea Medicine _____

Follow-up:

Your 1st post-op visit is _____

If a follow up appointment has not been made for you please call our office during regular business hours (8:30am to 5:00pm) at your earliest convenience.