

CARE AFTER GYNECOMASTIA

ACTIVITY

- Please ensure you get up and walk around every hour while you are awake. When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- Please ensure you are doing deep breathing and coughing for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough).
- You must avoid strenuous activities and exercise for about six weeks.
- If applicable, you can resume sexual activity when you feel comfortable. Generally waiting 6 weeks is adequate; however, every person may feel differently.

MEDICATION

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- Take Tylenol instead of your narcotics when you feel able.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

SHOWERING AND WOUND CARE

- You must shower on the second morning after your surgery. No earlier please. Please have someone present with you for your first shower and do not lock the bathroom door as you may become dizzy. DO NOT take a bath, swim or sit in any hot tubs until your incisions are fully healed.
- It is normal to have some red-tinged fluid drainage from the incision sites for the first few days after surgery. Reinforce sites with gauze if needed.
- You have been fitted with a compression garment. This garment is to remain in place day and night for 3 weeks or until instructed by clinic staff that it is no longer necessary. Lipof foam (white foam) is to remain on for one week after surgery.

- You are permitted to remove your garment to have a shower.
- The garment should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garments and then put them in to dry while you have your shower so they are ready to be put on when you are done.
- Gently massage the nipple and areolar skin 3-4 times per day as you were shown how to do by the recovery room staff.
- If desired, you can arrange to have some lymphatic drainage massage starting as soon as you are comfortable after the surgery (usually by post op day 5). Please ask us for recommendations for massage therapists if you don't already have one.

WHAT TO EXPECT

- You will have moderate discomfort, heaviness and some burning sensation around your operative area. This pain and discomfort should gradually improve. If your pain begins to increase and is unmanageable, please contact the office.
- Moderate swelling will occur and this is normal. The swelling will be maximal at 2-4 days after surgery. Swelling will gradually improve over the next 3-6 weeks.
- It is NORMAL to have some red tinged fluid drainage from the incision sites for the first few days after surgery. If this occurs, reinforce the incision sites with some gauze. Do not be alarmed if one site is oozing more than another site, this is normal.
- Bruising is also to be expected. This will gradually resolve on its own.
- You will see the office nurse for a post-operative visit approximately 2 weeks after surgery. If you have not been given an appointment, please call the office to arrange one.
- You will see your surgeon for a post-operative visit approximately 3 months after surgery.
- If concerns arise prior to your scheduled visit, please contact the office.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency situation after hours, you may contact Dr. Ma directly at 905-818-0746. In the event that you cannot reach Dr. Ma and you need attention urgently, please go to your nearest emergency department.

Last Medication Dose received:

Acetaminophen 1000mg (2 tablets) @ _____ (pain reliever)

Celebrex 100mg @ _____ (pain reliever/swelling)

Docusate Sodium 100mg start tonight

Lyrica _____ mg @ _____ (nerve receptor blocker)

Your last narcotic dose was @ _____

We love hearing from you!

