

## Gynecomastia 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 up anything 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 / compression garment 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.

### MEDICATION

1. The antibiotic should be taken until it is completed as prescribed.
2. The pain medicine is a narcotic and should be taken as prescribed. Do not take any Tylenol while taking the pain medicine. The medication we prescribe already has Tylenol in it.
3. Do not drink alcohol or drive while you are taking the pain medication.
4. The pain medicine can cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for NSAIDs (wait at least 5 days post-op)
6. If you take aspirin or Coumadin, check with our doctor as to when you can resume.

### CALL THE OFFICE AT (252) 633-1197 IF YOU HAVE:

1. A temperature greater than 101 degrees.
2. Excessive bleeding saturating the dressings.
3. A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
4. If you have persistent vomiting, have a pharmacy number so a script can be called in.
5. Any questions regarding your care.

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