



Gynecomastia

Post Operative Instructions

Post-Operative Instructions:

- After surgery there is frequently considerable discomfort, take prescribed medication as needed to remain comfortable.
- Nausea is not uncommon and should be controlled with the medication that your physician has prescribed. Take as directed.
- Rest. Keeping your chest slightly elevated for the first few days after surgery either in an easy chair or in bed with your back supported by pillows can help decrease post-operative swelling. When you go to bed, keep your head and back elevated with 2-3 pillows.
- Drink plenty of liquids. Advance to your normal diet as tolerated.
- In the first 24 to 48 hours after surgery, get up and walk around at least once every hour during the day to keep blood circulating and prevent pooling of blood in the legs.
- You will be placed in a chest compression support garment after surgery. You may adjust your compression support garment as needed for comfort. It should be snug but not uncomfortable. The support garment should be worn for 4 to 6 weeks as directed by your surgeon.
- You might go home with surgical drains in place. If you do, empty your drains as directed on a regular basis (every 8 hours) or more often if they should become full. Record each drain output individually as directed every time you empty them.
- Showering after surgery is variable depending on your surgeon's preference if you have surgical drains in place. If not already discussed, please direct questions about showering to your surgeon.
- Driving or operating machinery must be avoided while you are still taking narcotic pain medications or if you are unable to make the necessary movements needed to drive without experiencing pain.
- NO LIFTING anything more than 5 pounds and until directed by your surgeon.
- Although walking is strongly encouraged, vigorous exercise (running, biking, swimming aerobics) are generally discouraged for 4-6 weeks. Ask your surgeon when you can resume these activities.
- Swelling and bruising of the chest is normal and should resolve within 2-3 weeks.
- Return to work varies from patient to patient and type of work performed. Discuss your particular situation with your surgeon.

If you develop difficulty breathing, or have pain or nausea/vomiting unrelieved by medications, call/page your surgeon at the number provided. If you do not receive a prompt response or cannot reach your surgeon, call the Santa Clara Kaiser Permanente Hospital operator at (408) 851-1000 and ask to contact your surgeon at home or have the operator page the "plastic surgeon on-call."

For any non-urgent problems or questions, please call the Cosmetic Center at (408) 851-8200.