

## **Gynecomastia Surgery Discharge Instructions**

### **Diet:**

Resume your regular diet. Start slow and bland (crackers, toast), then work up to normal foods. A higher protein intake is recommended to help your body heal. Consider adding protein bars, powder, or shakes to your daily intake.  
It is important to drink plenty of fluids so that you do not become dehydrated.

### **Wound Care:**

Leave dressings in place including vest (and possibly foam padding) for 5 days for good initial compression. If you get some fluid leaking through liposuction sites that stain the dressings, okay to remove and replace with some absorbent pads, maxi pads, or wash cloth.  
If you have tapes or medical skin glue over your incision(s), leave in place until it falls off on its own. It is okay to trim any edges that start to peel up. The tapes and glue can get wet in the shower.  
After 5 days from surgery it is okay to remove the vest for daily showering. Soap and water can run over all areas. After your shower, pat area dry and put your vest back on (with foam if your surgeon placed this initially). Make sure to smooth out your chest skin under the vest/foam so you don't make a wrinkle or fold with the compression.  
Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications.

### **Drain Care (if present):**

Empty all drains at least daily, and/or when the bulb gets half full (50mL). Initially you may need to do this several times per day, but it will lessen as your body begins to heal. Have someone help you with this.  
Note how much fluid is in the drain bulb prior to emptying. Record these drain outputs each time (recommend using log sheet provided). Bring recording of daily totals to your follow-up office visit.  
To begin, wash your hands with soap and water  
Use one hand to hold the tubing tightly near your body (to prevent pulling out the tube). Put a small drop of water or soap on the thumb & index finger of your other hand, pinch the tubing and squeeze the fluid through the tubing toward the bulb.  
Open drain bulb cap, record volume, and pour out drainage into a clean measuring cup. Flush drainage down toilet.  
Squeeze the bulb tight and replace the cap to restart suction.  
Secure the bulb(s) to clothing, bra, or binder so there is no tugging on the drain tubing.  
Anticipate the color to slowly change from a deep red, to a lighter pink/red, and finally a yellowish watery color. It is normal for several large pieces of bloody clot to make their way through the tubing throughout your drain course.  
*- If drainage becomes heavy (more than 200mL per drain in one day) or has redness or swelling at the incision or drain site(s), notify your surgeon's office as soon as possible.*

### **Activity:**

No strenuous activity or straining until cleared at follow-up.  
Limit lifting arms above your shoulder level or above parallel with the floor.  
Do not lift anything heavier than a gallon of milk.  
Avoid activities that may risk injury to your surgical site.  
No driving while taking narcotic pain medications.

**Medications:** See Patient Visit Summary for list of medications. Do not take pain medications on an empty stomach as this may increase nausea. Tylenol/acetaminophen is okay to take. Avoid Aspirin and NSAIDs (motrin, advil, ibuprofen, aleve) for the first week after surgery as these can increase bleeding and bruising. It is usually okay to restart taking these 1 week after surgery. Take all of your antibiotic (if prescribed).

**Pain medication: You may be prescribed Percocet or Norco for postoperative pain unless allergic or intolerant.**

**Antibiotic: You may or may not have an antibiotic prescribed**

If you are taking narcotic pain medications you may experience some constipation. Drink plenty of water and eat plenty of fiber in your diet. Consider a fiber supplement such as Metamucil®, FiberCon®, or Citrucel®. It is okay to take over the counter stool softeners once or twice daily such as Docusate or Colace® found at your local drug store. It is also okay and recommended to take MiraLAX® to help relieve postop constipation for the first 1-2 weeks until you feel regular again. Milk of Magnesia and Magnesium Citrate are additional over the counter items that can help with temporary constipation.

**Follow up:** Your surgeon in 5-7 days. Call the office for specific appointment date and time if you do not already have one.

**Office contact number: 314-501-9100**

**Other Instructions:**

**Should you experience any of these symptoms call the office:**

- Fever of 102 degrees Fahrenheit or greater
- Persistent pain, nausea, or vomiting.
- Persistent bleeding.
- Shortness of breath.
- Significant redness or drainage from your incision.
- Significant leg swelling or calf pain
- Any other questions or concerns.

**During business hours (9am – 4:30pm) call:**

Chesterfield Plastic Surgery Office: 314-501-9100

**On nights or weekends call:**

Hospital exchange: 866-830-0636

### **General Postsurgical Instructions**

You may expect to feel dizzy, weak, and drowsy for as long as 24 hours after receiving the medicine that made you sleep (*anesthetic*). The following information pertains to your recovery period for the first 24 hours following surgery.

**Do not** drive a car, ride a bicycle, participate in physical activities, or take public transportation until you are done taking narcotic pain medicines or as directed by your caregiver.

**Do not** drink alcohol or take tranquilizers.

**Do not** take medicine that has not been prescribed by your caregiver.

**Do not** sign important papers or make important decisions while on narcotic pain medicines.

Have a responsible person with you.