

# PARK MEADOWS COSMETIC SURGERY

7430 East Park Meadows Drive, Suite 300 · Lone Tree, CO 80124

T: 303.706.1100 · TF: 800.844.2496 · F: 303.790.7322

## Post-Operative and Home Care Instructions for Gynecomastia Surgery

**DIET:** Start with clear liquids and toast or crackers. If those are well tolerated, progress to a regular diet.

**DRIVING:** No driving for 48 hours after your procedure or while taking pain medicine.

**ACTIVITY:** You may walk and climb stairs immediately after surgery. After 4 weeks you may resume light activity such as brisk walking. During the first 6 weeks do not lift anything heavier than a gallon of milk. After 6 weeks you may resume more strenuous aerobic work and lifting activities as tolerated.

**WORK:** Depending on your career and your rate of healing you should be able to return to work within 2 weeks of surgery. Your surgeon will be able to give you a better estimate depending on your physical and professional profile.

**WOUND CARE:** Your surgeon will take down your dressing at your first post-operative visit. Do not remove your dressing at home. Your dressing may get wet in the shower. Try to direct the shower to your back, but it is fine if the dressing gets wet. Pat dry after your shower. Keep your compression shirt or garment on at all times except to shower and wash the garment.

**SWELLING:** Moderate swelling and bruising should be expected during the first 2 to 3 weeks after surgery. During this period wear your post-operative garment under-wires that provides support at all times (except when showering) to minimize swelling and discomfort. Mild swelling will continue for 2 to 3 months.

**BATHING:** You may shower and wash your hair 48 hours after surgery. Shower only for the first 30 days post-operative. Try to keep the shower directed at your back and not at your incision or dressing. It is okay if the dressing gets wet in the shower. Pat it dry after your shower. For the first 4-6 weeks after surgery, do not submerge in a bathtub, pool, or hot tub.

**MEDICATIONS:** Ask your surgeon when you should resume your blood thinning medications. All other prescription medications may be resumed immediately. While you are taking pain medicine, you are encouraged to follow a high fiber diet or take a stool softener such as Colace (available over the counter), as pain medications tend to cause constipation. Take the full course of antibiotics given by your surgeon to help prevent infection.

**SMOKING AND ALCOHOL:** Do not smoke for the first month after surgery as it impedes wound healing and can lead to serious wound complications. Alcohol consumption is dangerous while taking pain medicine because it has a tendency to worsen bleeding.

**POST-OPERATIVE APPOINTMENT:** Your surgeon will schedule follow-up visits at appropriate intervals. Please keep all these appointments so that your progress may be followed closely.

**SPECIAL CONSIDERATIONS:** Call your surgeon immediately if you experience any of the following: excessive pain, bleeding, redness at the incision site, or fever over 101° F.

**FINAL RESULTS:** It may take 6 months to year before the chest/breasts reach their final contour and shape. This may seem like a long time, but significant improvement will be immediate and will continue to improve with time. The ability to wear more stylish clothes or go without a shirt and perform a wider range of activities is very rewarding and worth the wait.