



## Aftercare instructions, Gynecomastia

### Activity:

You should resume light, easy activity the evening of surgery. You should be up and walking the afternoon and evening of surgery.

Resume your diet gradually after surgery. Begin with foods that are easy to digest such as soups and jello. If you are feeling up to it you can progress to regular foods the evening of surgery; however, you need not do so. You should avoid heavy, fatty foods initially. Make sure to keep yourself hydrated by drinking plenty of fluids.

For the first three days after surgery you should get plenty of rest. You should not exert yourself. Short trips out of the house are encouraged but you should not be gone for extended periods. At no time should you do something that causes discomfort.

Leave the compression garment in place for at least two days after surgery.

You may use ice or cooling packs; however, do not apply the packs directly to the skin.

You may shower after two days and you remove the garment. Follow the cleaning and care instructions for the garment as needed. You can remove the outer gauze but leave the steri-strips (the paper tape over the incisions) in place. After showering gently pat the incisions dry.

You may resume driving when you are not taking narcotic pain medication and feel comfortable and unencumbered by pain.

You may return to work in 5-7days depending on the type of job you have and how you feel.



#### Exercise:

You should walk at an easy pace three times a day for at least five minutes each time starting the day after surgery.

No activity that increases your heart rate to greater than 100bpm for three weeks.

No resistance exercise (weight or nautilus-type exercising) for four weeks.

No swimming, sitting in a hot tub or bathing in a tub for three weeks after surgery.

#### Wound Care:

Begin using silicone scar gel over the incisions 2 weeks after surgery for three months. We will provide you with more details at one of your post-operative visits.

Avoid direct sunlight or tanning to the incisions for 1 year. Use sunscreen with zinc oxide or an SPF of at least 30.

#### Compression garment:

You should wear the compression garment at all times, except when showering, for six weeks after surgery. You will likely wish to wear in at least intermittently for three to six weeks after that.

#### Medications:

Resume any medications you were taking prior to surgery as instructed.

Take 1-2 oxycodone tablets every four hours as needed for pain. You may also take acetaminophen in addition to oxycodone; acetaminophen and oxycodone need not be spaced apart from one another. If you are allergic to Oxycodone you will have been prescribed an alternative antibiotic.



If prescribed, remove the scopolamine patch the day after surgery; wash your hands after handling the patch.

Follow all instructions that accompany any of the medications.

Follow-up appointment:

Your first post-operative appointment will be 3-5 days after surgery.

Call the Clareo Aesthetics office at 617-505-6818 immediately for any of the following:

Fever of greater than 102 degrees.

Noticeable redness of the incisions.

Rapid heart rate or rapid breathing.

Difficulty breathing.

Any drainage from your incision more than three days after surgery.

Dizziness, nausea or vomiting.

Your condition worsens.

You are concerned or have questions.