



## Gynecomastia Post-operative Instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best recover from your recent procedure, in order to obtain the safest and most satisfactory outcome.

### 1) Immediately after surgery:

- a) No heavy lifting (more than 5 pounds)
- b) Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- c) Wear your conforming garment or tensor bandage at all times, to reduce swelling and support the contour of the area treated
- d) The dressing is to remain dry and in place until I see you for your first post-operative visit. Sponge baths or sitting in the bath are acceptable
- e) Moderate blood-tinged drainage on the dressings is common, and is not a cause for alarm
- f) You may eat a regular diet
- g) No driving until discussed with me
- h) Take all medications as prescribed:
  - i) Usually Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin or Advil
    - (1) Note that the pain medicine may make you nauseous or constipated; you may use over-the-counter stool softeners, such as Colace, if necessary
    - (2) Avoid straining with bowel movements
  - i) Call my office to arrange a follow-up appointment for about 5 days after surgery
    - (1) **Things to watch out for; the presence of these above mentioned conditions warrants a call to myself**
      - (a) A rapid increase in pain, swelling and firmness, with severe bruising
      - (b) Vomiting after the first 24-48 hours
      - (c) High fevers above 38.5 C or 101.5 F
      - (d) Pain and swelling in one, or both, legs
    - (2) **The following are commonly seen after surgery, and are not usually cause for alarm**
      - (a) Pain, and significant bruising and swelling are normal and expected after surgery
      - (b) Low grade temperature is often seen early after surgery
      - (c) Nausea, vomiting, and constipation are occasionally encountered early after surgery

### 2) Late post-operative period:

- a) No heavy lifting (more than 5 pounds), weight training, or vigorous exercise such as aerobics, jogging or swimming, for 2 weeks after surgery
  - b) Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately
  - c) You may shower after the first office dressing change, and may gently wash directly over the incisions
  - d) Wear your conforming garment at all times for the first 4 weeks, unless otherwise directed
    - i) The binder may be removed for showering, and for washing (air-dry garment only)
  - e) Dry gauze may be placed over the incision if small amounts of drainage persist
  - f) Your stitches will be removed one to two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
  - g) Normal activities may be resumed as tolerated by 2-4 weeks after surgery
- 3) **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact my office**
- a) **During office hours, Monday to Friday: 613-792-4137**
  - b) **After hours and weekends: call my office, where you will be directed to the Plastic Surgeon on call;**
    - i) **Alternately, call the Queensway-Carleton Hospital switchboard at 613-721-7878, ext. 0, and identify yourself as a present patient of mine who needs to speak to the Plastic Surgeon on call.**
    - ii) **Additionally, my personal email is [askdrsilverman@rogers.com](mailto:askdrsilverman@rogers.com), though I cannot guarantee an emergent response via email.**

Wishing you a speedy recovery,  
H. Silverman, MD