**Gynecomastia Instructions**

You had general anesthesia today. Please pay close attention to the following for the next **24 hours**:

* Do not stay alone. A responsible adult (18 years of age) must be with you. DO NOT GET UP ALONE.
* Do not operate machinery, power tools, or appliances.
* Do not drive a motor vehicle.
* Do not drink alcohol.
* Do not make any legal or critical decisions.
* It is suggested that you return directly to home after surgery.
* Avoid smoking. Smoking inhibits the healing process drastically.
* Get plenty of rest.

**DIET**

* Resume your regular diet. It is best to increase intake slowly with liquids and work your way up to solid food.
* Protein is important for healing.

**NAUSEA AND VOMITING**

* Nausea and vomiting may occur as you become more active and begin to increase food intake. If this should happen, decrease activity and return to liquids. **Try extra strength Tylenol for discomfort in place of prescribed pain medication until nausea subsides**. If problems persist, call your physician.

**ELIMINATION**

* If you are unable to urinate within 12 hours after discharge, contact your physician.

**MEDICATIONS**

* You have been prescribed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain. Follow the directions on the label. You were given \_\_\_\_\_\_ tabs at \_\_\_\_\_\_ while in recovery. If your medication does not adequately relieve the pain, call your surgeon.
* \_\_\_\_\_ May take ibuprofen.
* \_\_\_\_\_ Do not take aspirin or ibuprofen until approved by your physician.
* Do not drive while taking narcotics.
* Do not drink alcohol while taking narcotics.
* Resume vitamins as tolerated.
* May take Tylenol (acetaminophen) with Oxycodone. Do not take Tylenol with Norco or Percocet (these drugs already contain acetaminophen).
* Surgery, narcotics and decreased activity may promote constipation. Be sure to add more fiber to your diet and increase your fluid intake. You may take milk of magnesia or a laxative of your choice per label instructions to minimize the constipating effect of narcotic pain medication.
* If medication does not adequately relieve your pain, contact your surgeon.

**INCISION CARE**

* You may shower the day after surgery. It is okay for the tape and dressing to get wet. It’s not unusual to experience some lightheadedness or dizziness- have someone with you.
* Do not soak in a tub until cleared by your physician.
* Keep steri-strips and clear tape on. They will be removed at your one week visit.
* Inspect surgical areas daily for signs of infection. A temperature of 100.4 F or greater, increased pain, redness, or local warmth should be reported to your physician.
* Avoid exposing scars to the sun for 12 months and be sure to use sunblock (at least 30 SPF) on the incision itself.

\_\_\_\_\_ Do not apply ice to chest

\_\_\_\_\_ May apply ice to chest. Avoid placing ice directly on incisions

**GARMENT**

* Continue to wear your support garment for 24 hours per day except when showering. You may remove it to wash if necessary.

**ACTIVITY**

* Reduce activity the day of the surgery. While resting, remember to do ankle pumps and deep breathing exercises to prevent blood clots/pneumonia.
* DO NOT lift more than 10 pounds for four weeks, (keep in mind that a gallon of milk weighs about 8 lbs).
* Walking is a good way to gradually increase exercise. Walk around the house several times a day to promote circulation in your legs. Increase walking as tolerated.
* Do not do any rigorous or high impact exercise for four weeks (running, biking, swimming, pilates, yoga, kick boxing).
* You may resume sexual activity as you feel comfortable (2-3 weeks).
* You may return to work in 1-4 weeks, depending on your job.
* No swimming in a pool, lake, or hot tub until approved by your physician. All of these places are breeding grounds for bacteria and can cause an infection.

**WHAT TO EXPECT**

* Expect some drainage on the steri-strips covering the incisions.
* You are likely to feel tired for a few days.
* Maximum discomfort will occur in the first few days post-surgery and will gradually subside.
* You may experience temporary numbness or a burning sensation of nipples and/or chest.
* Your chest may be sensitive to stimulation for a few weeks.
* Scars may be red and firm for about six months before they soften and fade.
* Sutures are internal and will dissolve.

**ADDITIONAL INSTRUCTIONS:**

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Your post-op appointment is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I have been given and understand the above instructions.**

If you have any questions regarding these instructions, even after hours, please call our office (**616-464-4420**).

**IF YOU ARE EXPERIENCING SHORTNESS OF BREATH OR CHEST PAIN, CALL 911.**

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Patient Signature

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Person Responsible Signature

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Nurse Signature

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Physician Signature

Office hours : 9-5 Monday-Friday 616-464-4420

* After hours call the number above and you will be given automated instructions on how to reach the physician on call. A physician is always on call- 24 hours/day, 7 days/week.
* If you believe you may be experiencing a life threatening issue, call 911 or have someone bring you to the nearest Emergency Room immediately.

**EMERGENT SITUATIONS**- call 911 or go directly to the ER

* Shortness of breath
* Tender areas in your legs that are red and/or hot can be indicator of blood clots. DO NOT massage!
* Allergic reactions to medications that include shortness of breath or tightness in your throat.

**NON-EMERGENT ISSUES**- call the office

* Increased or excessive bleeding, swelling, or bruising
* Redness around the incision site
* Side effects such as rash, nausea, vomiting, headache from medications
* Oral temperature of 100.4 F or greater
* Bleeding from an incision site
* Discharge from an incision site that has a strong odor
* Excessive or uncontrollable pain that is not relieved by the prescribed medication