

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 for 4-5 days for good initial compression. If you get some fluid leaking through liposuction sites that stain dressings, okay to remove and replace with some absorbant pads, maxi pads, or wash cloth.

You have dissolvable sutures under your skin and medical skin glue on top. Leave this in place until it falls off on its own. This usually takes 1-3 weeks.

After 5 days, okay to remove vest daily for showering. Soap and water can go over all areas. After shower, dry and replace vest. Do not need pads after that time

Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications.

Activity:

No strenuous activity or straining until cleared by Dr. Geiger at follow-up.

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. Take all of your antibiotic (if prescribed).

Pain medication: Norco, Percocet, or Tramadol

Valium for muscle relaxation

Antibiotic: none usually

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 Ducosate or Colace® found at your local drug store.

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

Office contact number: 314-205-6420

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 (8am – 5pm) call:
Chesterfield Plastic Surgery Office: 314-205-6420

On nights or weekends call:
Hospital exchange: 314-364-4176

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.

General PostOp Instructions - Dr Geiger
SLE-0134
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