

POST OPERATIVE INSTRUCTIONS GYNECOMASTIA

Patient Name :
Surgical Facility:

DOB:
Surgery Date:

ACTIVITY

- Minimal activity for the first 24 hours after surgery. Walking around the house for 10 minutes every few hours is helpful for recovery.
- Gradually increase activity as tolerated.
- No sexual activity for 4 weeks after surgery.
- Pain and swelling may indicate that you are doing too much too quickly.
- **No heavy exercise, bending, lifting, jacuzzi, swimming, sun exposure, smoking, or sports for 3 to 6 weeks following surgery. Please ask your surgeon first.**

POSITION

- Elevate head and back at 45 degree angle while resting/sleeping.
- Use an old towel or linens on your bed/sofa. Liposuction incision sites may have blood-tinged discharge for 24-48 hours after surgery. This is normal.

ICE PACKS

- Will help reduce swelling and provide comfort.
- Frozen peas work well.
- DO NOT apply ice directly to skin.
- Apply 20 minutes on/ 20 minutes off for 48-72 hours after surgery.

WOUND CARE

- Leave tapes in place until next appointment. If tapes fall off, clean visible stitches with Q-tip two (2) times a day using 1/2 strength hydrogen peroxide (mix with tap water).
- Apply thin layer Bacitracin ointment. (Don't allow crusts to collect on stitches).
- After 3 days, remove garment, throw away foam, shower and replace garment.
- Your garment is to be worn for at least 4 to 6 weeks continuously except when showering or laundering your garment.
- Short warm showers are best. Do not take excessively hot or long showers. Do not take baths.
- While wearing garment/binder it is important to keep it as wrinkle-free as possible.

DRIVING

- Driving restricted for the first 72 hrs. and while taking prescription pain medication. Use precaution.

TED HOSE

- Wear TED hose (compression stockings) for the first week AND until walking usual daily amount.

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Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(949) 720-3888***

Patient Signature

Date

Witness Signature

Date
