

PLASTIC SURGICAL ARTS

4400 Lucile Dr Suite 103
Lincoln, NE 68516
402.483.2572

Todd F. Orchard, M.D.
Mathieu Hinze, M.D.

GYNECOMASTIA POST OPERATIVE CARE

WHAT YOU CAN EXPECT:

- Moderate discomfort-use pain medication as needed or Ibuprofen / Tylenol as directed.
- Moderate swelling.
- Drainage around the drain catheters, if in place. Pain / irritation around drain tube area.
- Black and blue discoloration.
- Discomfort or difficulty standing erect.

PAIN CONTROL:

- Take your pain medication, as instructed, until your pain lessens.
- Always take your medication with food in your stomach.
- Do not drive or operate equipment while on your pain medication.
- Someone needs to stay with you the first night home after surgery.
- **No hot or warm compresses.** The skin doesn't have normal sensation and you can burn yourself without knowing it.
- Narcotic pain medication can cause significant issues with constipation. Please start using a stool softener the day before surgery and daily there after until normal bowel function returns.

DRESSING CARE:

- The day following your surgery, you may remove all dressings and shower, being careful not to remove the drainage tubes.
- Place clean dressing over incision and put binder on. Binder should be tight, but not so tight as to limit breathing.
- Leave any Steri-strips placed over your incision on or until removed by your physician or instructed by your physician to remove.

DRAIN CARE:

- Keep track of drain output per drain for 24 hour timeframes.
- Empty the drains as needed to keep the bulbs compressed.
- Keep the drain tubing from kinking to allow continuous drainage.
- Contact the office when the drain outputs are less than 30 ml for 24 hours for potential removal.

CONTACT YOUR PHYSICIAN (402.483.2572) IF ANY OF THE FOLLOWING OCCUR:

- A temperature greater than 101 degrees F.
- Redness, swelling around the incision site.
- Severe pain not responding to pain medications.
- Persistent, profuse bleeding or drainage.
- If any other question or problem arise.
- When drain output is 30cc or less (per each tube) for a 24 hour period.

ACTIVITY:

- Arrange to have someone spend the first 24 hours with you.
- Bedrest for 24 hours.
- Avoid smoking for at least 3 weeks before and after surgery. Nicotine constricts the small blood vessels needed to heal your wound and could lead to infection and skin loss.
- No alcohol for 5 days after surgery or while on narcotic pain medication.
- You may drive a car with power steering after two (2) weeks if you are off narcotic pain medication and you can stomp on the brake and crank the steering wheel without pain.
- Avoid sports and strenuous activities for 4 weeks at least.
- During the first week following surgery, restrict walking to a minimum, no lifting over 10 pounds and wear a compression garment as instructed.
- Several times an hour take several deep breaths to open your lungs.