

KAROL A. GUTOWSKI, MD, FACS

AESTHETIC SURGERY

CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

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AFTER CARE INSTRUCTIONS for GYNECOMASTIA

MEDICATIONS

- You will be prescribed narcotic pain medication which you should take as needed and directed. While most of these medications are prescribed to be taken 1 to 2 pills every 4 to 6 hours, you may find it better to take 1 pill every 2 to 3 hours if the effects start wearing off too soon. However, do not exceed the prescribed amount per day.
- As your pain decreases, you may switch to over the counter Tylenol (acetaminophen). Keep in mind that you should not take more than 4000 mg of acetaminophen per a day. Your narcotic medication may also contain acetaminophen so you need to be aware of your total dose from all the medications you are using.
- Ibuprofen (ie-Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with your narcotic pain medications and/or with acetaminophen. However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).
- Purchase an over the counter stool softener (Metamucil, Colace) while taking narcotic pain medication. This helps avoid constipation.
- You may resume taking your routine medications, unless your physician instructs you differently.

DIET

- You should start resuming your normal diet gradually.
- Drink plenty of fluids or water (eight 8 ounce glasses a day).
- Do NOT drink alcohol for 24 to 48 hours after surgery or while taking narcotics.

COMPRESSION GARMENT

- Do not remove your compression garment until you follow up with Dr. Gutowski. You may shower while wearing it, then let it air dry or use a hand held hair blow drier.
- If the binder irritates your skin, you may find it more comfortable to wear a light T-shirt under the binder

Drains

- You may have soft plastic tubes under the skin to collect draining fluid
- Dr. Gutowski will instruct you on how to take care for them.
- They will be removed a few days after surgery

ACTIVITY

- **IMPORTANT: To decrease the risk of blood clots after surgery, do not spend time in bed except for when you normally sleep. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.**
- **SHOWER:** You may shower 1 to 2 days after surgery. Do **NOT** take a tub bath, swim, or whirlpool for 3 weeks or if there are any openings in the incision.
- If you have paper tape or Steri-Strips over the incisions, do NOT remove them. You may still shower with them and they will be removed in the office.

- **SLEEPING:** Sleep in a comfortable position.
- For the first few times, you may need assistance getting into and out of the bed/chair.
- You are encouraged to **begin walking**.. While sitting, alternate flexing and pointing toes several times each hour to help with circulation.
- **DRIVING:** You may begin driving 5 to 7 days after surgery; longer if you do not feel comfortable with your reflexes behind the wheel. Do not drive while taking narcotic medications.
- **CAUTION:** Do **NOT** do activities that bring your arms above your head for 1 week (examples: lifting items to shelves or bringing arms above head to put on shirts).
- Do **NOT** push, pull, or lift anything heavier than 10 pounds (about the weight of a gallon of milk) for 2 weeks.
- Do **NOT** do any strenuous activity or exercise/ activities (running, weight lifting, aerobics, vacuuming) for 2 weeks. After your start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises.
- Do **NOT** engage in any sexual activity for 2 weeks; resume when completely comfortable.
- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.
- Do **NOT** cross your legs or sit for more than one (1) hour in the same position while awake.
- Do **NOT** fly for 10 days, if possible.

WHAT TO ELSE TO EXPECT

- Some pain and discomfort for 3 to 4 weeks, although it should gradually get better from the first two to three 2 to 3 days.
- You may notice a small amount of drainage from the incision sites on the first one 1 to 2 days. This is normal. You may cover with gauze and secure with paper tape.
- If there are any sutures, they will be removed in 1 to 2 weeks after your surgery.
- Do not be overly concerned if you notice a decreased sensation in the areas treated with liposuction. It may take a few months for full sensation to return.
- The treated areas will feel swollen and bruised, and you may feel some burning. The bruises may get worse for 1 to 2 days and last for several weeks. The swelling may last for 3 to 6 months. This is **NORMAL**. Please be patient as it may take 3 to 6 months to see your final results.

SCAR MANAGEMENT

See Incision and Scar Care instructions

WHEN TO CALL DR. GUTOWSKI:

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- **CHEST PAIN** or **TROUBLE BREATHING:** CALL 911 or go to an Emergency Room