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AESTHETIC SURGERY

CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS

AFTER CARE INSTRUCTIONS for PECTORAL ENHANCEMENT

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/ water (eight 8 ounce glasses a day) to promote healing.
- Do NOT drink alcohol for 48 hours (2 days) after surgery or while taking narcotics.

BRA, ACE WRAP, BREAST BAND AND CLOTHING INSTRUCTIONS

- If given a chest band or ACE wrap, continue wearing for 24 hours (overnight).
- You may remove the band or ACE wrap to shower. Make sure to put the band or ACE Wrap back on after taking a shower.
- If you were given a band, wear it for at least 1 week.
- Wear loose, comfortable clothing.
- Try not to lift your arms over your head to put on T-shirts or sweaters for the first week.

ACTIVITY

- **SHOWER:** You may shower the day 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:** For the first 2 to 3 days after surgery, you may sleep with your head and shoulders elevated as much as possible to help reduce swelling and discomfort. A recliner is a good place to sleep and rest. Use multiple pillows in bed to keep your head and chest up.
- For the first few times, you may need assistance getting into and out of the bed or chair.
- You are encouraged to **begin walking**. While sitting, alternate flexing and pointing toes several times each hour to help with circulation.

- To maintain circulation and prevent blood clots in your legs, it is important to get out of your chair or bed every hour and walk around for a few minutes. You do not need to do this during your normal sleeping hours.
- **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 4 weeks.
- Do **NOT** do any strenuous activity or exercise/ activities (running, weight lifting, aerobics, vacuuming) for 4 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 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 your chest or nipples. It is important to remember that chest and nipple sensation can take up to 1 year, possibly 2, for full sensation to return. Most men, however, seem to get most of the feeling back sooner than that.
- You may hear a “sloshing” sound in the chest. This will usually stop within 1 week.

SCAR MANAGEMENT

See Incision and Scar Care instructions

ADDITIONAL INSTRUCTIONS

- Look at your incisions once a day to note any signs of infection:
- **SIGNS of INFECTION** include:
 - Incision area becoming red and warm to the touch.
 - Drainage leaking from incision site that is cloudy or pus-like.
 - Excessive swelling. Or more swelling on one side or the other.

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