

Gynecomastia Surgery Aftercare Guidelines

Surgery Date: _____	<u>First Night</u> Date:	<u>Following Day</u> Date:	<u>3-5 Days 1st Post op Visit</u> Date:	<u>7-10 Days 2nd Post op Visit</u> Date:	<u>2 Weeks Post op</u> Date:	<u>4-6 Weeks Post op</u> Date:	<u>8 Weeks Post-op</u> Date:
Sleep in a reclined position				X			
Medications- take as directed				X			
Soft Diet and liquids		X					
Stool softener/High Fiber foods				X			
Leave on all dressing				X			
Surgical Stockings		X					
Hands/elbows at side				X			
Driving-(when completely off all medications and can react to an emergency)				X			
Shower				X			
Water-proof Band Aids						X	
Chest/tissue massages				X			
Steri Strip Removal						X	
Can get incision line wet						X	
Surgical Vest						X	
Lower body exercise				X			
Heavy lifting/upper body exercise						X	
Alcohol Beverages					X		
Herbal Supplements/Dietary Supplements					X		
Comfortable under armor shirts							X
Ocean, pool, or Jacuzzi water							X

Gynecomastia Post Op Care Instructions

1. No driving for 1 week post surgery or until off narcotic pain medication completely.
2. Please take the medications as directed. Antibiotic medication is for 3 days; pain and nausea medication are taken as needed. Never on an empty stomach and always space out the medications.
3. Constipation is very common due to the pain medication and anesthesia, please use Colace over the counter or any laxative that has worked with you in the past. You may start taking something to help prevent constipation 2-3 days post surgery.
4. If you develop a rash or think you are having an allergic reaction to the medication please call our office immediately. Sometimes Benadryl will help.
5. No exercising for 4 weeks post surgery.
6. No showers for 1 week post surgery. No ocean water or pool water for 8 weeks post surgery or until the incision is fully healed.
7. No tanning or sun exposure to the incision until the incision has healed completely.
8. Please do not put scar creams or ointments on the incision immediately after surgery, you may irritate the area or cause an allergic reaction.
9. Patients need to wear the compression Vest for 1 month post-surgery. On your pre-op date, the office staff will help you order the proper compression Vest needed for your procedure.
10. Please do not remove your Vest garment after the surgery. The office staff will help you remove the garment on your first post op visit.
11. We will remove the Vest for you 7 days after your surgery in the office. Once the garment is removed you will be able to put it in the washer and dryer. Please wear your compression Vest 24/7 for 1 month and only remove it when necessary.
12. Liposuction areas need to be massaged to help break any lumps or bumps; you may use any lotion of your choice. Massaging in a circular motion all around the treated area.

13. Once the compression vest is removed you will be able to shower.
14. Remember to move your feet back and fourth for 1-week post surgery to help with circulation.
15. Remember to do the deep breathing exercises for 1-week post surgery.
16. Often times you need a lot of soft pillows to help keep you comfortable. Soft surfaces to rest on. Make sure you are not causing creasing on the liposuction areas that were performed by the way you are sitting or resting.
17. Liposuction areas may feel numb for a while, sometimes may take time to have full skin sensation. Its normal to feel burning and soreness during the recovery.
18. You may expect to be swollen for a few months. Bruising and swelling will travel south. For our male patients that have Gynecomastia, please know that you may have significant swelling of the lower extremities. It's normal for this to happen, and it may take days for the swelling to go away.
19. The first month post surgery most patients may notice a 50% reduction of the area treated. It takes time for the swelling to go away. Takes about 6 months to 1 year for final results.
20. Sometimes with Gynecomastia, Dr. Pousti will apply sutures to close the incision line. Sutures are removed on your first post op visit, usually 7 days out of surgery.
21. Patients may start applying scar creams to the incisions after 3 weeks if the incision line if it looks good and there are no open wounds or scabs.
22. For scar treatment most patients will use Silagen, which you may get from our office in the form of gel or silicone sheeting. You may also use anything that has worked for you in the past. Scars will look their worst and angry looking closer to 2 months post surgery.
23. It's very normal to have some drainage or seepage from the incision line during the healing period.
24. Please call the office if you have excessive pain, excessive bleeding or a rise in temperature above 100 degrees.
25. Incision lines and final results may take up to about a year. Sometimes sutures take time to dissolve, and sometimes you may have them reach the surface. This is normal and you may gently trim them.

26. Please send photos to us at your 1-month, 3-6 months, and 1 year post surgery, if you are coming from out of town.

27. Please call us with any concerns Monday-Friday 8:30am-5:30 pm and Saturday from 9:00am-12pm at 619-466-8851. You may also email us at info@pousti.com but please know that calling may ensure a faster response.