

POST-OPERATIVE INSTRUCTIONS – GYNECOMASTIA

Narcotic

- Tylenol #3 (Acetaminophen/Codeine)
- Percocet (Acetaminophen/Oxycodone) **Last dose given at:** _____ AM/PM 1 tablet 2 tablets
- Tramacet (Acetaminophen/Tramadol) May take 1-2 tablets every 4-6 hours **as needed** for pain starting at _____ AM/PM
- Tissue Removed: Right** _____ **Left** _____ **Liposuction** _____

General Discharge Instructions:

1. You **MUST** be accompanied home by a responsible adult who may either drive you home by car or take you back in a taxi
2. you back in a taxi
3. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. Therefore, you should not: stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
4. Eat a light diet following surgery. Avoid spicy, greasy, fried, or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-Aid, nonacidic juices).
5. **Avoid smoking for 6 weeks** after surgery for better wound healing, (nicotine constricts blood vessels).

If after **3 weeks** your surgical site may be exposed to the **sun**, apply a sunscreen SPF 45 or higher and continue to do so for at least a year to prevent the scar from changing to a dark colour.

Medications:

1. Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.
2. Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.
3. Take pain medication and muscle relaxer 2-4 hours apart.
4. ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. DO NOT allow yourself to have any problems with constipation.
5. Resume all your regular medications after surgery – Avoid aspirin products for 7 days (The restart of all aspirin and Ibuprofen products will be decided upon by your doctor).
6. Finish all antibiotic medication as prescribed.

Please note that you are impaired while taking narcotics, DO NOT drive until 6 hours after taking your last narcotic.

- ZOFRAN** 4mg (Ondansetron) for nausea.

Take this medication today at _____ AM/PM even if you are nausea-free. It is a very helpful medication to avoid nausea. If you become nauseated before this time, you may take it early. If it is not helping, you may also take Gravol 50mg every 4 hours.

- ADVIL** and **ALIEVE**- 4 days after your surgery. After that, it is safe to take it at the same time as your narcotic (Tylenol #3, Percocet, Tramacet, etc.).
- TYLENOL** may be used after your pain prescription is completed.

Diet:

1. Resume your regular diet. You may eat as you feel able. Keep well hydrated by drinking plenty of fluids.
2. DO NOT drink alcohol or caffeinated drinks for one week after surgery.

Activity:

1. Take it easy for the first two weeks to prevent bleeding but ensure that you walk around in your house at least every 2 hours during the day to prevent developing a blood clot.
2. Do not raise your arms above your shoulders for the first week.
3. You may resume a full range of motions with your arms at week two as permitted by your pain tolerance.
4. Do not lift, push, or pull anything greater than 5 pounds or more avoid your chest or reaching high for four weeks.
5. Avoid sexual activity for two weeks, and then be careful for another two weeks.
6. Avoid any aerobic activity, strenuous exercise, house, or yard work for 4-6 weeks.
7. You may drive after one week if you are not taking narcotic pain medicine.

Wound Care :

1. The dressings applied in the operating room must remain on, dry, and intact for 5 – 7 days following surgery. Therefore, you **should not shower** during this time.
2. You will see Dr. Brooks at his office 7-8 days after your surgery for your first dressing change. **You may shower the day after he sees you.** Dry the area by patting with a clean towel or allowing it to air dry. After each shower, place a very thin layer of Polysporin on the incision. You will go home with a garment in place, remove it for the shower, and put it on directly afterward.
3. Sutures are removed at the same time as your drains are removed - generally 5 – 7 days following surgery. This may be done at your family doctor's office for your drain removals once drainage is less than 30cc over 24 hours.
4. Keep steri strips over the incisions for two weeks
5. You will always need to wear the garment for four weeks after surgery. After that, the garment should be worn 24 hours a day until Dr. Brooks instructs otherwise.
6. There will be bloody drainage on the dressings. This is normal.
7. If bleeding occurs, hold constant and firm pressure for 10 mins with a clean towel. If bleeding continues and cannot be stopped, seek emergency care, and contact **Dr. Brooks** to inform him.
8. **DO NOT** use a bathtub, hot tub, swimming pool, pond, or lake for three weeks.
9. You may begin scar massage at three weeks (only if there are no open areas in the incision). Use firm pressure and cream (vitamin A, E, or Aloe are all excellent choices), and push against the direction of the scar (perpendicular). **Dr. Brooks** office has a high-quality Vitamin and silicone scar gel. However, there are many over-the-counter products available at the pharmacy.

Return to Work

1. You can return to work within 3-4 weeks if you have a job that does not involve heavy lifting.

EMERGENCY INFORMATION

If any of the below symptoms occur, please call our office, or go to your local emergency department:

Infection: Redness increasing in size, increasing pain (worsens each day), foul discharge/puss, fever, or chills.

Blood Clot: Sudden shortness of breath, chest pain, pain in your calf or leg (can have swelling and/or redness).

Bleeding: One surgical site doubles or triples the size of the other and becomes firm and painful, or bleeding at incision that soaks your dressing in 1 hour or less.

Contact Information: If something urgent arises (infection, blood clot, excessive bleeding, or uncontrolled pain), you can contact our office at **403-487-0460** (M-F 9 am to 4 pm). **After office hours**, please present to your **nearest emergency department or call 811**. After-hours **emergency healthcare providers** may contact the emergency department at Medicine Hat Regional Hospital at 403-529-8053 to be connected to Dr. Brooks. **Please bring this form with you.**

We must inform the College of Physicians and Surgeons of any patient hospitalized within ten days after having surgery in an outpatient surgery facility. If this happens to you, please let us know at 403-487-0460.

Follow-up Appointment: 7 Days after your surgery, Dr. Brooks will want to see you again. Please book your appointment the day after your surgery to ensure you see him within the 7-day time frame. You can contact our office at **403-487-0460** (M-F 9 am to 4 pm).

Caregiver Signature: _____ **Witness Signature:** _____

NOTE: CAREGIVER RESPONSIBILITIES: As a caregiver, you are responsible for being with the patient for 24 hours from the time they are discharged from the recovery room.