



GYNECOMASTIA

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

Avoid excessive heat (ie, heating blankets) or cold (ie, ice packs) to the breasts as the skin is sensitive to temperature. Try to sleep on your back propped up with a few pillows - this will help to reduce swelling. Remember to take a few deep breaths every hour while you are awake to keep your lungs clear. Keep your compression garment on at all times, except in the shower.

You can expect:

- Moderate discomfort-which should be helped by the pain medications
- There may be some bloody drainage on the dressings

Call the office if you have:

- Severe pain not responding to pain medication
- Swelling that is greater on one side than the other
- Bright red spots on dressings, which continue to enlarge
- Incisions that are red or feverish
- A fever greater than 101 degrees
- Any other questions or problems arise

When you are cleared to shower, keep showers brief. Do not do heavy lifting, or push or pull on things for one week. The second week, you will begin full range of motion with your arm but lifting is restricted to 5 pounds. You may drive once off the pain pills and when you experience no pain with this activity. Do not use a hot tub for 4 weeks. Avoid sports or strenuous activities for 6 weeks.

Avoid smoking or second hand smoke for a minimum of 6 weeks after surgery.