**Post-operative instructions gynecomastia**

**Diet**: please avoid salty foods since it can make swelling worse

**Activity**: to help prevent blood clots in the legs please start getting out of bed, walking today. No contact activities to the areas of surgery

**Medications**: If you are not allergic to Tylenol take 650 mg every four hours as needed for pain

If you have stronger pain please use the prescribed pain medication as needed for pain. If you do take the prescribed pan medication please do not drive or operate any machinery that may harm anyone.

Please do not take advil, ibuprofen, or other non-steroid anti-inflammatory medications (they may cause bleeding or bruising)

Take the prescribed antibiotics written

Resume your previous medications unless otherwise instructed

**Showering**: May shower and get wet starting tomorrow. When showering please test water using a body part that has not been operated on to ensure that the temperature is not hot or cold; using the part that was operated on to test the water may not be accurate since during your procedure local anesthesia was given so the operated body area may not have normal sensation. Soap and water may fall on the wounds. Do not scrub the wounds. No tub bath.

**Dressing changes**: Twenty-four hours after surgery you may remove the dressings. You can replace gauze as needed, but be careful that the gauze does not rub up against the nipples or the incisions. Replace the ace wrap to cover up the chest wall, it should be snug to make you comfortable. If you wish you can use a form fitted shirt that is comfortable but not tight. It should be kept on except to shower.

**Drain(s)**: You may have a drain in each side. If you do, please strip and record the output every

 Four hours while you are awake. Please keep a 24 hour log of each drain output. Bring this log to your clinic visit.

**Follow up**: During normal business hours please call 210-265-1924 for follow up appointment next week.

If you have **any questions or concerns** please call Dr. Chattar-Cora at 210-265-1924.