

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

GYNECOMASTIA POST-OPERATIVE INSTRUCTIONS:

Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

Dressing

- You will be sent home from surgery wearing a white, snug fitting surgical vest that zips and hooks in the front.
- Under your surgical vest you will find white cotton dressings that will help pad and absorb any fluid that may leak from you surgical incision sites.
- Replace the underlying white cotton dressings as needed while there is drainage.
- There will be steri strip dressing that will cover the incisions, these dressings will stay in place until first post-op appointment.
- There are no stitches (sutures) that need to be removed.

Showering

- You may shower the day after your surgery. Remove the cotton dressings, but do not remove the dressing that overlies the incisions. Leave them in place and simply pat them dry when finished and cover with either white cotton dressings or dry washcloths and put the surgical garment back on.

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Pain/Discomfort

- It is common to feel numbness in the surgical areas as your chest heals. Itching and shooting pains can also be expected.
- For six months to a year, there may be a fullness along the crease at the base of your pectoralis muscle. Swelling in this region is the slowest to resolve. Kneading of this swollen tissue with your fingertips and the passage of time will allow it to flatten for a more aesthetic appearance.

Driving/Lifting/Exercise

- After the first 24 hours you may drive as long as you **are not** taking narcotic pain medication.
- Avoid heavy lifting and strenuous activity until you are comfortable and have been cleared to do so by Dr. Evangelisti.
- Gentle walking is encouraged.

Drain Care

- If there are drain(s) placed, empty your drain when it becomes one quarter full as this will keep a good suction
- Remember to strip your drain every time you empty it. This enables the tube to remain clot free which allows the drainage to continue uninhibited from surgical site
- The average time frame that a patient has a drain in place is 8-14 days. This is an average and every patient's healing time is different. It is unusual for a drain to be removed earlier than 7-9 days after your surgery.
- Your drain is ready to be removed when the color of the drainage in the bulb is yellow in color and less than 25 cc's for a 24 hour period for two days straight.