

Gynecomastia Discharge Instructions

Diet: Start with a regular diet high in protein and low in sodium as tolerated.

Medications:

- Take all medication as directed. Please refer to your medication sheet provided by Dr. Criswell.
- Use pain medication as needed for pain and discomfort. **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.**
- You can use Ibuprofen (Motrin, Advil) 800 mg 3 times a day, as needed for discomfort, **starting 24 hours after surgery.**
- Take your antibiotics, **as prescribed**, starting the day of surgery.

Activity/Wound Care:

- Keep back elevated on 2-3 pillows or in a recliner for the first 48-72 hours. This is to help decrease swelling and for comfort. **Do not lay flat.**
- After 24 hours you may shower. Use tepid water only when showering. Make sure you have someone with you the first time you shower in case you start to feel light-headed.
- Keep surgical garment on for 23 hours a day for 3-5 weeks. May take off for one hour a day to shower and then put back on.
- Leave all steri-strips, tape, and/or Dermabond surgical glue in place. Tape will be removed in one week by Dr. Criswell. No lotion or ointment to surgical incision areas for one week.
- No lifting heavier than 10 pounds or increasing heart rate for at least 3 weeks after surgery. No exercise until cleared by Dr. Criswell.
- Heavy amount of drainage seen on garment is normal.

Post-op Visits:

- Post-op visits are very important. Follow up with scheduled appointment. If you were not given a follow-up appointment, please call the office within 24 hours of your procedure to arrange an appointment.
- Then you will be seen again as follows: 1 day, 1 week, 3 weeks, 3 months, 6 months, and 1 year out from surgery.

Additional Discharge Instructions:

IF YOU HAVE AN IMMEDIATE EMERGENCY, PLEASE CALL 911

Please call the office at (704) 424-5050 if you experience any of the following:

- **Rash or hives**
- **Fever of 101 or greater**
- **Persistent nausea or vomiting**
- **Sudden swelling of one or both breasts, extreme tenderness, with an unusual amount of sudden bruising**

If it is after hours please call the office telephone number. Have the operator page the person on call. If your call is not returned within 15 minutes, please call the answering service again.

If you have questions or concerns that are not an emergency, you may call the office telephone number during regular hours, or leave a message on our voice mail after hours. If you have an immediate medical concern during regular office hours, please ask to speak with a nurse