

THE FIRST GLANCE

GYNECOMASTIA POST CARE INSTRUCTIONS

Supplies to Have at Home:

- **Your prescription medications**
- **Gravol** (oral medication and suppositories)
- **Stool softener (ie: Restorolax/Senokot)**. Used to prevent constipation *start if no bowel movement for 2 days
- **Polysporin Ointment**
- **Band-aids**

Rest and Relaxation

- It is ok to lie on your side. Do not lie on your chest.
- Wait 3 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your chest to move significantly. ie: running and aerobics
- Wait 6 weeks before reaching or lifting above your shoulders
- Do not wear backpacks for 6 weeks following surgery

Washing

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- You can shower 48 hours after your surgery.
- If drains have been placed, **DO NOT** get the drains wet. It may be helpful to wear a lanyard around your neck and pin the drains up to keep them out of the way.
- Do not soak your surgical sites - no baths, pools, hot tubs, or lake water for 4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines twice a day once steri-strips are removed

Garment Wear

- Wear the compression vest for six weeks following surgery
- A tight compression shirt such as those made by Underarmour can be worn under the vest if you find it irritating

Four Weeks After Surgery

- Once incisions are healed with NO openings along incisions, begin to massage your incisions with BioOil. **Do not use vitamin E.**
- Skin Medica Scar Gel can be applied at night to further improve the appearance of the scars.
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

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Drain Care

- If drains have been placed, please contact the clinic to have them removed once drainage is less than 30 cc's over 24 hours for two consecutive days
- When drains are removed a small amount of yellow/pink/blood-tinged fluid may ooze out of the drain site for up to three days
- Place a small amount of Polysporin onto drain site daily and cover with gauze or feminine hygiene pad (pantyliner)
- Drain sites will typically close 3 to 7 days following drain removal

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

First Glance Aesthetic Clinic
1851 Grant Avenue
Winnipeg, MB R3N 1Z2
tel: 204-885-1419

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at **204-885-1419**.

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

In case of emergency call Dr. Brichacek 204-898-9933