



NORTHEAST PLASTIC SURGERY
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Gynecomastia Reduction Post-operative Instructions

- Your post-operative appointment is scheduled for _____.
- Do not remove your dressings. Your dressings will be removed during your first office visit.
- Bring your breast/gynecomastia reduction garment to your first post-operative visit, as it will be placed on you at that time. The garment will be worn for 4-6 weeks. You may place gauze sponges inside your garment for added comfort.
- Empty your drains every 12 hours and record the measurements for each drain, separately, on your chart. Please bring the chart with you to your office visits. The amounts that are draining from each drain will determine when the drains may be removed. The drains are usually removed as early as 3 days but may take up to 2 weeks before removal. Once the drains are removed, you should keep a dry gauze dressing for 48 hours over the former sites on the skin to prevent drainage onto your clothing.
- Keep your dressings dry. Sponge-bathe only until further instructed. Usually, you may shower 48 hours after final drain removal.
- If Steri-Strips (butterfly adhesive strips) were used as part of your dressings for your incisions, do not peel them off. Once they begin to curl at their edges, you may trim the curled edges with a pair of scissors.
- If Dermabond (liquid skin adhesive) was used instead of Steri-Strips, it may take 2 weeks to dissolve. Do not apply ointments such as Bacitracin directly over the glued area unless instructed as this may prematurely dissolve this dressing.
- You have received prescriptions for _____ as an antibiotic and _____ for pain relief. You may alternatively take Tylenol for pain relief. You may stop taking your antibiotic after the final drain has been removed.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You may resume your pre-operative diet as tolerated.
- Restrictions are as follows:
 - You may walk as tolerated beginning the day of your surgery.
 - Do not lay flat in bed. Sleep with your head elevated on at least 2 pillows for 2 weeks. Do not lay on your sides for 6 weeks.
 - No driving for 2 weeks. You will be restricted from driving until all narcotic medications have been stopped.
 - No heavy lifting (> 5 lb) for 4 weeks.
 - No strenuous pulling or pushing for 4 weeks.
 - No vigorous upper body workout for 6 weeks.
- Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.
- There are a number of different modalities that can limit scar formation post-operatively. Starting 2 weeks post-operatively, we normally recommend that you utilize Epi-Derm™ Silicone Gel Strips from Biodermis™. This therapy may be purchased through www.biodermis.com. Silicone sheets should be applied overlying the healing scar for at least 12 hours daily, and ideally closer to 24 hours daily, with gentle cleansing of the scar performed once daily. An individual sheet may be re-used multiple times, with the average lifespan being 7-10 days. Alternatively, you may choose to utilize any number of silicone scar reduction gels (Kelocote®, Mederma®), and massage in a thin coat twice daily to the scar, for 2-3 months.

Please contact us with any additional questions or concerns.