

GYNECOMASTIA POST-OP INSTRUCTIONS

PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. DR. WARNOCK WILL DISCUSS ANY CHANGES TO THESE INSTRUCTIONS WITH YOU. IF YOU HAVE ANY PROBLEMS, QUESTIONS OR WORRIES, PLEASE FEEL FREE TO CALL THE OFFICE (571-2020). THE OFFICE IS OPEN FROM 9:00AM-5:00PM MONDAY THROUGH FRIDAY. IF IT IS AFTER HOURS, A WEEKEND OR HOLIDAY PLEASE CALL THE OFFICE PHONE AND THE ANSWERING SERVICE WILL CONTACT DR. WARNOCK.

1. Fill prescriptions. Percocet, one or two every 4-6 hours, OR Lortab, one or two every 3-4 hours as needed for pain. Phenergan, one every 4-6 hours, as needed for nausea. Duricef, twice daily for six days to guard against infection (please take the whole prescription).
2. Do not take any aspirin or aspirin like products for at least two weeks after surgery. (This includes Motrin, Advil, Ibuprofen, Naprosyn, etc.). These drugs can cause bleeding. If you have any questions concerning acceptable medication please contact the office.
3. Ice packs to areas of repair can help reduce swelling for 24-48 hours postoperatively.
4. Smoking causes wound healing problems. It is required that the patient does not smoke for two weeks following surgery.
5. Steri strips or bandages are to be left in position until seen by Dr. Warnock at the first follow-up visit. The bandages are not to get wet and are to be kept clean at all times. Steri strips may get wet, but should be dried immediately afterward.
7. No sports, exercising, bending, lifting, heavy exertion, or heavy work for approximately 3 weeks after surgery. Too much activity can cause excessive bleeding/swelling.
8. Watch for any active bleeding, extensive bruising, abnormal swelling, excessive pain or discharge-particularly if one area becomes extremely swollen, discolored or painful with any sort of discharge. Swelling is common postoperatively, but any excessive swelling should be noted and Dr. Warnock should be notified.