



Kavali  
Plastic Surgery

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## After Your Gynecomastia Surgery

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Congratulations! You have just undergone a delicate operation on your chest. As you recover, you'll need to keep a few things in mind:

### **Driving:**

You can begin driving once you meet the following criteria:

1. You no longer need narcotic pain medicine. It's okay to be taking motrin or tylenol, but you should not be taking vicodin or percocet or lortab (or other narcotics) while driving.
2. You feel comfortable enough to react appropriately in traffic.

### **Showering:**

You may shower two days after your surgery. Use soap and water to wash over the tapes on your incisions. If they come loose, it's okay.

### **Dressings:**

You may use gauze or surgical pads under your bra to catch any drainage from your wounds. You don't have to keep any padding under the vest unless you so desire.

### **Compression Vest:**

Wear your vest at all times for the first six weeks, except when laundering it or when you are showering, of course.

### **Return to Work/Exercise:**

You may return to work whenever you feel comfortable. This usually takes 1-2 weeks after the surgery, depending upon the type of work you do. We will write any letter/excuses that you need, just let us know.

You may resume light exercise as soon as you wish after your surgery. Use common sense, though, and stop or change your activity if it hurts. You should avoid strenuous chest exercises for at least 4 weeks (push-ups, chest presses, etc).

### **Medications:**

You may use Tylenol if you wish. However vicodin, percocet and other pain medications contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause

liver damage and other problems. If you are unsure about a particular medication, please call.

**Read the enclosed medication instruction sheet—it has important details about how to take your pain medicine.**

**Questions or concerns:**

Please call the office if you have any problem or question that concerns you. If it's after hours or on a weekend, dial the office at 404-250-3333, wait for voicemail to pickup, then dial "0" to be connected directly to my cell phone.

If you need immediate attention, or for some reason you are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

Fever greater than 101.5 F taken with a thermometer

Pain not relieved by medication

Severe pain

Redness, warmth, drainage or odor from the operative site

Bleeding (small amounts of oozing may be expected)

Persistent nausea and vomiting

If you have ANY questions or concerns regarding your condition or surgery

**Follow-up:**

You should already have your first follow up appointment made for about one week after surgery.