

**Daniel Careaga, M.D.**  
PLASTIC SURGERY

---

**Post-op Instructions**  
**GYNECOMASTIA**

Medications you *MUST* take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
  - Start first dose the night of your surgery day. Take with some food.

Medications you can take *AS NEEDED*:

2. **Hydrocodone** – pain medication, take only as needed every 6 hours.
  - Take this medication with a stool softener (e.g., MiraLAX) as it will constipate you.
  - If pain is controlled, it is best to just take Tylenol instead.
3. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
4. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.

**START THE NIGHT OF YOUR SURGERY:**

- Soft diet after surgery: (first day) – you can have chicken broth, shakes, Jell-o, yogurt, applesauce, cranberry/grape/apple juice.
- After having your first meal after surgery you can go ahead and take your medication. (Antibiotics must be taken as directed. Pain medication as well as nausea medication can be taken as needed) you must have a meal first.
- Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side or flat.

**ACTIVITY:**

- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. The best way to prevent blood clots (DVTs) and other complications is to ***get out of bed and walk every hour while you are awake!*** Get up and walk to the bathroom, to the kitchen, etc. The first few days make sure you walk with someone assisting you in case you get dizzy or fall.
- Please wear your compression stockings for 7 days to avoid blood clots. Stocking can be removed when taking a shower or washing, please make sure to put back on immediately.
- You can drive after day 7 if you are NOT taking any narcotic pain medication.
- Use of surgical binder for 1 week. After 1 week we will fit you in a compression garment vest that you will use for 3 months. (First 2 months you will wear it 24/7 ok to take off when showering and when washing the garment make sure to put it back on immediately after, the 3<sup>rd</sup> month you can use it either in the day or at night).
- You can resume sexual activity in 4 weeks.

- Do NOT smoke, vape or be close to anyone smoking as this will significantly affect healing.

### **SHOWERING:**

- You may shower with assistance the day following surgery. Avoid water hitting the incision directly but it is ok for soap and water to fall in this area.
- NO BATHTUBS OR SWIMMING FOR 6 WEEKS.

### **SCAR CARE:**

- Silicone scar cream => 1 Month
  - o Can be purchased in the office.
  - o Can use for the next year.
- Sun protection:
  - o This is the most important part of scar care! Please use sunblock on incision every day if exposed to sun.

### **DO NOT'S**

- **DO NOT** soak in baths, jacuzzies or hot tubs until instructed by your doctor.
- **DO NOT** take Aspirin, Ibuprofen, Naproxen, or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply heating pads or ice packs to the treated areas.

### **WHEN TO CONTACT YOUR DOCTOR OR SEEK MEDICAL ATTENTION:**

- Any fever or signs of infection (Any redness or drainage from incisions).
- Any difficulty breathing.
- Excessive bleeding from incision.