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Gynecomastia (Male Breast Reduction) - Post Operative Instructions

At home after surgery: Dr. Hoefflin recommends resting quietly for the first 48 hours after surgery. You should walk or ambulate (with assistance) around your home every couple of hours. Ambulating is one of the best ways of maintaining lower extremity blood flow and preventing deep venous blood clots (DVTs).

Positioning: When resting, keep your back elevated on several pillows (30-40 degrees) for 2-3 days after surgery to minimize bruising or swelling. In addition, flex your thighs by placing several pillows behind your knees. Avoid bending, lifting, or straining for one week after surgery.

Diet: Start with a light diet, preferably liquids or soups, and then progress to a regular diet after 24 hours. This will minimize any post-operative nausea. You should start taking a stool softener the day after your surgery. Avoid salt as it can promote swelling.

Oral Antibiotics: Dr. Hoefflin will prescribe you either Keflex (Cephalexin) 500 mg or Cleocin (Clindamycin) 300 mg (if allergic to penicillin or cephalosporins). Keflex should be taken 1 tablet, four times per day; Cleocin should be taken 1 tablet, three times per day. All antibiotics should be taken with food.

Discomfort: Any discomfort or soreness can be minimized with pain medication. Start with ½ a tablet of a pain pill initially, of which may be followed every 3 – 4 hours by another. It is best to take pain medication with food. Keep in mind that the pain medication can cause constipation. A helpful adjunct is to replace every other dose of pain medication with a tablet of Tylenol (650 mg) to help minimize inflammation. Avoid driving or consuming alcohol while taking prescription pain medicine.

Garments: Dr. Hoefflin will provide you with a soft compression garment, which should be continuously worn for four weeks. These compression garments help minimize any discomfort and swelling, help contour the skin and achieve your final contoured result more quickly.

Swelling: Maximal swelling typically occurs two to three days after surgery, then begins to dramatically improve. Mild bruising typically resolves within 7-10 days after surgery. Mild or subtle inflammation may take up to several weeks to completely resolve. **Arnica Montana** (can be purchased at our office), taken both before and after surgery, can assist

in decreasing any postoperative swelling or bruising.

Activity: It is important to refrain from any strenuous activities for the first 2 (three) weeks after surgery. **After 2 weeks**, you may engage in light activity (i.e. light walking). **By 4 weeks**, stretching, yoga, or light-weight exercises can be resumed. Heavy weights and all pre-surgery activity may be resumed **after 6 weeks**. You may drive several days to one week after your gynecomastia surgery, provided you can respond and stop in emergency situations.

Incisions: Your small incisions will be closed with a single absorbable suture, which usually absorbs by 7-10 days. You should apply Neosporin ointment (available over the counter) to your incision sites for the first 5 days.

Managing incisional drainage: Incision site leakage, or oozing, is normal for several days following your surgery. It can be seen as a thin bloody fluid. **Gauze or Maxi pads are ideal for absorbing this temporary leakage.**

Showering: You may shower on the 3rd day after surgery. Before taking a shower, remove the compression garments and gauze pads covering your incisions. These garments can then be washed and dried on a cool cycle, and then replaced after your shower. Avoid submerging your incisions in a bath, swimming pool, or whirlpool for two weeks after surgery.

Sensation: It is normal to have itching and/or areas of numbness following your surgery. This gradually subsides after 2-3 months as your body progresses through the healing process.

Follow-up appointment: Post-operative appointments to see Dr. Hoefflin 24 hours after your surgery should be scheduled prior to your surgery.

Massaging exercises: Massaging exercises are initiated one week after surgery, which assists in reducing residual post-operative inflammation, reduces the hardness felt underneath the skin, and improves your scar appearance. Dr. Hoefflin will provide you with information on such exercises during your post-operative appointment.

Endermologie®: Using a safe and non-surgical patented technique, Endermologie® assists patients in reducing their post-operative inflammation by removing any post-operative toxins or water accumulation after surgery. In addition, local blood circulation and collagen restoration are improved. The final result is a more quickly achieved smooth and sculpted body appearance. Dr. Hoefflin encourages patients to start their Endermologie® program five days after their surgery.

To read more about Dr. Hoefflin's Endermologie program, click here. (Weblink: <http://www.hoefflinplasticsurgery.com/endermologie.html>)

Minimizing long-term scar visibility: Avoid direct sunlight exposure to your healing scars for the first year following surgery. Wear a wide brim hat. Select a sunscreen with zinc oxide and SPF of 30 or greater for maximal protection. Scars typically fade in months to a year after your surgery. You may start applying a scar cream (available at our

office) to minimizing your scar appearance, starting at week 3. The cream should be used for 6 months after surgery.

Smoking: Do not smoke. This is important. Smoking delays healing and can increase your risk of complications.

Concerns:

Dr. Hoefflin can be reached 24 hours a day for any concerns. He can be contacted directly through his office or answering exchange at (310) 273-5100.

Please notify Dr. Hoefflin if:

- If you experience increased bleeding from your incision sites, which does not stop after several minutes of gentle pressure;
- If you experience a significant increase in pain which is not relieved by medication;
- If you develop a temperature above 101.5° F, or if you develop redness (like a sunburn) around your incisions;
- If you have any yellowish or greenish drains from the incisions or notice a foul odor;
- If you have any side effects to medications, such as rash, nausea, headache, or vomiting.

The quality of your gynecomastia procedure may be compromised if you fail to return for any scheduled post-op visits, or follow Dr. Hoefflin's pre- and post- operative instructions.

Patient Signature

Date:

Witness Signature

Date: