

Post Operative Instructions
Gynecomastia Excision
Dr. Lee Corbett

Diet: Eat and drink whatever you'd like. Do not drink alcoholic beverages of any kind while taking pain medications.

Medications: Take your pain medication and antibiotics as directed. If you are running out of pain medicine let me know ahead of time. I cannot call in many narcotic prescriptions as it is against the law. Resume your normal home medications after surgery unless I specifically direct otherwise.

Showering: It is ok to shower 48 hours after your surgery. Do not take a bath. Remove all bandages before showering and replace afterward.

Stitches: At 48 hours it is ok to peel off the bandage over the stitch(s). If only Liposuction was used, your sutures are under the skin and absorbable. If I made an incision around the nipple, you will see sutures.

Compression Garment: Please wear your garment unless showering.

Follow-up: Call the office when you get home to arrange a follow-up visit. I will see you in the 10 to 12 day period for suture removal.

Activity: No strenuous exercise for the first two weeks. Do not do any heavy lifting, pushing or pulling. It

Swelling: The chest area will be swollen after surgery peaking at 48-72 hours. **If you experience sudden, severe swelling of one side call the office immediately.**

Smoking: Smoking impairs wound healing. **DO NOT SMOKE!!!** The nicotine in the cigarettes causes the blood vessels to spasm closed. If the healing tissue doesn't get enough blood the incision may not heal.

Driving: Do not drive until you are off of your pain medications. If you drive while taking narcotics you can be arrested and charged with DUI. Also, it is now a law that you must wear a seatbelt while driving. If your chest is too sore to wear your seat belt, you should not drive.

If you have a question, PLEASE CALL. The office number is 502- 721-0330 and it is answered 24 hours a day 7 days a week.