



Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

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Gynecomastia Postoperative Instructions

- ◆ Please call our office at 203.772.1444 to schedule a postoperative visit if you have not already done so.
- ◆ Keep breast dressings in place until you are seen in the office. Do not get dressings wet. Tub or sponge-bathe only. You will be able to shower after dressings are removed.
- ◆ You have been prescribed the following medications:
 - _____. Take _____ tablet(s) by mouth every _____ hours as needed for ***pain***.
 - _____. Take _____ tablet(s) by mouth every _____ hours as needed for ***nausea***.
 - _____. Take _____ tablet(s) by mouth _____ times a day until finished. ***This is your antibiotic.***
- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ ***We encourage you to walk as early as the day of surgery for at least 10 minutes every hour.*** No heavy lifting > 5 pounds, pulling, or pushing for one month. . You may ride a stationary bike 2-3 weeks after surgery. No high impact aerobic exercise or upper body workout for 6 weeks.
- ◆ No driving for a ***minimum*** of one week.
- ◆ You will be provided with a compression vest at your first postoperative visit, which you will wear for 6 weeks following surgery.
- ◆ We recommend the use of silicone sheeting for scar therapy. This can be purchased at CVS or on www.amazon.com. You will start using this approximately two weeks after surgery.

Other: _____

**If you have any questions, please call us at (203) 772-1444.
200 South Orange Center Road, Orange, CT 06477**