

LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

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Post Operative Instructions

Procedure: Gynecomastia

1. You must spend the first evening following your surgery with an adult.
2. Postoperative pain should be moderate. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize postoperative nausea.
3. If you should notice any significant swelling, particularly on one side, or if there is persistent oozing of blood or of fluid of any type, please notify the doctor immediately.
4. If you should have a fever of greater than 101.6 F, please notify the doctor immediately.
5. Leave your present dressing in place. It will be changed at your first postoperative visit.
6. Do not apply any ice or heat to the operative site during the postoperative period.
7. No heavy lifting, strenuous exercise or activity is permitted for the first 2 weeks following surgery. After 2 weeks, you may gradually resume your usual level of activity. Any exercise or weight lifting, which relies on the muscles of the chest, may be resumed 4 weeks after surgery.
8. You may bathe, but try to keep the dressing on the breast area dry at all times.
9. Please wear the surgical vest as instructed if prescribed by the doctor. Do not use any garments that are not approved by the office.
10. Your first post operative visit will be on _____
11. If you should have any questions or have any problems please call the office immediately at 631-864-4111, and the doctor will return your call as soon as possible. DO NOT USE EMAIL FOR EMERGENCIES.