2001 Butterfield Rd, STE 100, Downers Grove IL, 60515 630-426-6019

AFTER CARE INSTRUCTIONS: GYNECOMASTIA

DIET

- You should start resuming your normal diet gradually.
- Drink plenty of fluids/ water (eight 8 ounce glasses a day).
- Do NOT drink alcohol for 24 to 48 hours after surgery or while taking narcotics.

ABDOMINAL BINDER and/or COMPRESSION GARMENT

- If given a compression garment, wear it for 4 weeks or until instructed differently by your surgeon. Wear the garment for 24/7 for the first week, than 12 hours a day for the next 3 weeks.
- You may remove the binder/girdle to shower and for 1 hour per a day while laying down.
- You may experience some dizziness or feel lightheaded when taking off the garment. Take the binder off slowly and while sitting down. You may need to have someone with you.
- While the garment should be snug, it should not be so tight that it makes it difficult for you to breath.
- If the garment irritates your skin, you may find it more comfortable to wear a light T-shirt under the binder

ACTIVITY

- **IMPORTANT: To decrease the risk of blood clots after surgery, do not spend time in bed except for when you normally sleep. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.**
- **SHOWER:** You may shower 24 hours after surgery. Do **NOT** take a tub bath, swim, or whirlpool for 3 weeks or if there are any openings in the incision.
- If you have paper tape or Steri-Strips over the incisions, do NOT remove them. You may still shower with them and they will be removed in the office.
- **SLEEPING:** Sleep in a comfortable position.
- For the first few times, you may need assistance getting into and out of the bed/chair.
- You are encouraged to **begin walking.** While sitting, alternate flexing and pointing toes several times each hour to help with circulation.
- **DRIVING:** You may begin driving 5 to 7 days after surgery; longer if you do not feel comfortable with your reflexes behind the wheel. Do not drive while taking narcotic medications.
- **CAUTION:** Do **NOT** do activities that bring your arms above your head for 1 week (examples: lifting items to shelves or bringing arms above head to put on shirts).
- Does NOT push, pull, or lift anything heavier than 10 pounds (about the weight of a gallon of milk) for 4 weeks.
- Do **NOT** do any strenuous activity or exercise/ activities (running, weight lifting, aerobics, vacuuming) for 4 weeks. After your start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises. You can do aerobic exercise up to a max heart rate of 140-150.
- Do **NOT** engage in any sexual activity for 2 weeks; resume when completely comfortable.

- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.
- Do **NOT** cross your legs or sit for more than one (1) hour in the same position while awake.
- Do **NOT** fly for 10 days, if possible.

WHAT TO ELSE TO EXPECT

- Some pain and discomfort for 3 to 4 weeks, although it should gradually get better from the first two to three 2 to 3 days.
- You may notice drainage from the incision sites on the first one 1 to 2 days. This is normal. You may cover with gauze and secure with paper tape. This is the fluid that is used to do the procedure and we want it to drain out.
- If there are any sutures, they will be removed in 1 to 2 weeks after your surgery.
- Do not be overly concerned if you notice a decreased sensation in the areas treated with liposuction. It may take a few months for full sensation to return.
- The treated areas will feel swollen and bruised, and you may feel some burning. The bruises may get worse for 1 to 2 days and last for several weeks. The swelling may last for 3 to 6 months. This is NORMAL. Please be patient as it may take 3 to 6 months to see your final results.

<u>WHEN TO CALL DR PARESI</u>

Call 630-426-6019

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room

FOLLOW UP IN 7-10 DAYS

ALL FOLLOW UP APPOINTMENTS ARE ON TUESDAYS