



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Gynecomastia Post-Op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. You may shower in 24 hours. You may hand wash and air dry your garment. It can be off for the short time while it is being washed/dried. Rest during this time.
3. After showering, if foam pads have been placed, replace them under the compression garment 1 week. You must wear garment at all times for 4 weeks. If the foam pads are soiled, you may wash them in the sink with water and mild soap and allow them to air dry before replacing them. Dr. Robbins will let them know when you can stop wearing the foam pads. If you want, you can purchase other “body shaping” garments at your local retail stores such as flexes, spanx, or any other garment that gives good compression. You can also purchase through www.marena.com<<http://www.marenagroup.com>> or call 1-888-462-7362. These will fit under your clothes when you return back to work.
4. Expect bruising and swelling for 2-4 weeks.
5. The swelling may feel “lumpy and doughy.” These swollen areas need vigorous deep tissue massaging starting one week post-op and continue for a few months or until the area is smooth. You can use hand lotion, a hand held massager, or a massage therapist to massage these areas if you choose. Your clothing may also fit snug for a few weeks after your procedure until all the swelling goes down. This is a gradual process and may take 6 months for swelling to resolve.
6. You may experience mild to moderate pain for the next 3-5 days. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol** These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food.** Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease.
7. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.** You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
8. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. Your activity is limited by your discomfort only. You may resume normal activities after your one week follow up with Dr. Robbins.
9. ***** Please have whoever is caring for you read these instructions*****

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.