

NADIA BLANCHET, M.D.
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DISCHARGE INSTRUCTIONS AFTER GYNECOMASTIA

- Please wear the post-op surgical garment at all times after discharge. Dr. Blanchet prefers that you wear it for 10 days. After that, you may wear it as needed. It will help with bruising, swelling and discomfort.
- You may shower as soon as the drains have been removed, if you have drains. The stitches can get wet; just pat dry the incisions.
- It is common to have some drainage or scabbing on your incisions. This will take several weeks to clear up and is perfectly normal. Simply apply dry dressings under the garment as needed. A non-stick dressing such as Telfa, Adaptic or Xeroform may help with discomfort because it will not adhere to your breasts.
- Nipples may be less sensitive or more sensitive than normal, and this improves over weeks to months. You may be numb on the side of your breasts for several months.
- You can do moderate lower body exercise any time you feel up to it. No aerobic exercise for 2 weeks. Try not to do any strenuous upper body exercise for about four to six weeks after the surgery.
- Please do not take your medication on an empty stomach as this can cause dizziness and nausea. In addition to this, be aware all pain medications can cause constipation. The use of over-the-counter laxatives or stool softeners (Colace) is recommended.
- Please avoid ASPIRIN substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- You may find when you get home that you have gained weight after surgery. This is simply from IV fluid and resolves in about 2 weeks.
- If you have steri-strips, please leave these on until they are dangling by a thread.
- Please do not apply any creams or lotions to incision until cleared by the doctor.

- Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month post op or until you are completely healed.

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS YOU CAN REACH THE DR. BLANCHET BY CALLING 320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**