

NADIA BLANCHET, M.D.
804-320-8545

DISCHARGE INSTRUCTIONS AFTER GYNECOMASTIA

- Please always wear the post-op surgical garment except when showering 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 breast.
- 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 breast for several months.
- You can do moderate lower body exercise any time you feel up to it. No heavy exercise for 2 weeks. Try not to do any heavy upper body exercise for about 4 to 6 weeks after the surgery.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- Please avoid ASPIRIN substances or Advil and Ibuprofen 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 IV fluids and resolves in about 2 weeks.

- If you have steri-strips, please leave these on until they are danglin by a thread.
- Please do not apply any creams or lotions to incision until cleared by 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 FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TURE EMERGENCY, PLEASE CALL 911.

PATIENT SIGNATURE

DATE

