

**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 after your 1<sup>st</sup> post-op visit or 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 chest.
- Nipples may be either less sensitive or more sensitive than normal, and this improves over weeks to months. You may be numb on the side of your chest for several months.
- No heavy exercise for 2-3 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, IBUPROFEN**, or any medications listed on your pre-op sheet for 2 weeks after your surgery, as these 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.
- **If you have Steri-strips, please leave these on until they are dangling by a thread. Please buy Silicone Scar Tape from Amazon.com to replace Steri-strips when they fall off.**
- Please do not apply any creams or lotions to the incision until cleared by the doctor.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**

**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 FUTURE EMERGENCY, PLEASE CALL 911.**

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PATIENT'S SIGNATURE

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DATE

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CAREGIVER'S SIGNATURE

\_\_\_\_\_  
DATE

