



John J. Lindsey

M.D., F.A.C.S.

Plastic & Reconstructive Surgery

Certified American Board of Plastic Surgery

GYNECOMASTIA INSTRUCTIONS

1. Keep the operation sites clean and dry for 24 hours. It is OK to loosen or adjust the ace wrap or vest as needed for comfort. After 24 hours, please remove all dressings, including the yellow gauze. It is OK to shower at that time. Expect some drainage on all dressings.
2. After showering, apply Neosporin ointment to all incisions and cover with clean dressings. You should hold the dressings in place with an ace wrap or the supplied compression vest. Do not use tape or other adhesives on the breasts, as these will blister or tear the breast skin. If you prefer, you may continue to wear the ace wrap, but someone will have to assist you with this.
3. Change all dressings daily. Adjust the compression vest or ace wrap as needed for comfort. Strip and empty the JP drains twice daily. Clean around the JP drain sites where the tubes enter the skin with alcohol daily. The drains will be ready for removal when each is draining less than 25 ccs in 24 hours. This is usually 2 to 5 days after OR.
4. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication).
5. Clear liquids first. If no nausea, progress to a regular diet as tolerated.
6. Take medication as ordered. Do not take pain medication on an empty stomach. For patients with sensitive stomachs, the pain pills may be broken in half to reduce dosage. Over the counter medications are encouraged to further decrease narcotic usage.
7. Avoid alcoholic beverages. No smoking

8. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
9. Call Dr. Lindsey at (504) 885-4508 for obvious bleeding, swelling or hardness of the breasts, fever over 101.5 degrees, redness, swelling, or pus at the wound, persistent vomiting, any problems or questions.
10. Please schedule your appointment approximately one week following your surgery, or when the JP drains are ready for removal.
11. No bending over or lifting for 2 weeks. No exercise or vigorous activities for 6 weeks. This includes activities that elevate your heart rate or cause you to perspire.