



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Gynecomastia Surgery Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

After-surgery appointment schedule with nursing staff:

1. **Initial follow-up appointment:** will be an **in-office** visit, one day after surgery.
At this time, your incisions will be checked. It is very important that you remember your sports bra for this appointment.
2. **Second follow-up appointment:** will be **in-office**, six to ten weeks after surgery.
This appointment timing will-be-determined by your recovery progress.
At this time, your incisions will be checked for proper healing.
3. **Third follow-up appointment:** will be **in-office**, six months after surgery.
This appointment timing will-be-determined by your recovery progress.
4. **Fourth follow up appointment** will be **in-office**, one year after surgery.
This appointment timing will-be-determined by your recovery progress.

Medications:

Arnica: *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

Keflex (Cephalexin) 500mg: *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

Celebrex (Celecoxib) 200mg: *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

Norco (Hydrocodone/Acetaminophen) 5mg/325mg: *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

******* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

Allergies: If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

Medication Usage: Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over the counter stool softener or laxative from the pharmacy.

DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.

Diet: Clear liquids, soft or light diet day of surgery. Resume regular, **low salt** diet the following day. (Salt causes water retention and will cause increased swelling.)

A healthy diet and exercise regimen are important in maintaining your result.

Bathing: After 48 hours, you can resume showering as normal; no soaking, bathtub use, swimming and/or steam rooms should be used for two weeks after surgery.

Post- Op Vest:

- **We recommend purchasing this from <https://marena.com/collections/mens-post-surgical-tops-vests>**
- It is imperative that your vest is worn at all times for six weeks
- We will measure you at time of preop to help you determine the most appropriate size, and provide you with a list of your measurements.
- During the initial two to three weeks, incisions may have delayed healing. It is imperative that you notify us when this occurs.

Swelling/Swooshing: It is normal for your chest to swell after surgery. The swelling may cause the chest to look uneven. This will subside once your swelling has decreased. You may hear a swooshing sound; this is also normal and is caused by swelling after surgery.

Pain Management: You are likely to feel tired and sore for a few days following your surgery. You may also experience a burning sensation in your nipples for about two weeks, but this will decrease; typically, will typically resolve once the bruising fades. Sharp, shooting pains are also a common occurrence following surgery. Most of your discomfort will be controlled by the medication prescribed for you.

Stitches/Scar: The stitches Dr. Horn uses are dissolvable and will not need to be removed. The Steri-Strips (small pieces of tape) covering your chest incisions may be removed 14 days after surgery. Massaging the incisions, after the tapes are removed will help decrease discoloration and help flatten out the scar making it less noticeable. Your scars will be firm and pink for at least six weeks; it takes six months to a year for the scars to fade and flatten. Scars will never disappear completely.

Incision Care:

1. Begin washing with antibacterial soap and water two to three times a day starting two days after surgery.
2. Remove Steri-Strips after 14 days if your incisions have closed.
3. Once Steri-Strips are removed, keep the incision moisturized with Aquaphor, Vaseline, or Bacitracin two to three times daily. (Massaging in circular motions with ointment will help decrease discoloration and help flatten out the scar making it less noticeable).
4. Start recommended scar treatment two to six weeks after surgery as directed by our staff.

Topical Treatment During Recovery: You need to keep the area surrounding the incision moisturized with either Vaseline or Aquaphor, avoiding the Steri-strips. You may also purchase from our office the following recommended topical:

Alastin Regenerating Skin Nectar

Begin using immediately after steri-strips have fallen off

Cost: \$195 plus tax

Activity: Rest for one to two weeks, nothing that would increase your blood pressure. No heavy lifting for one week after surgery (ex: groceries, etc). You may begin light exercise (slow walking on the treadmill) after two weeks. Activity that is more vigorous can be restarted after six weeks. No sit ups for one month and no push-ups (or any other exercises that isolate the pectoral muscles) for up to 9 months after surgery. You may resume sexual activity as comfort permits, usually two to three weeks after surgery.

Driving: You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel; make certain you are able to perform all motions necessary for safe driving.

Tanning: Wait two weeks after surgery before you resume tanning. While tanning, cover incisions with sunscreen two months after surgery. If you do not cover your incisions, they **will** become darker and more noticeable.

Recommendations for scar care: Scar care can begin six weeks post-operatively. We do not recommend applying any topical treatments that address scarring, including the ones listed below, until you are six to ten weeks post op.

NeoCutis BioGel Moisturizing HydroGel: Visibly diminishes the appearance of scars.

Instructions: Apply to affected area twice daily. Cost: \$178 plus Tax

Scar Away Cream or Patches: Apply as directed on package for eight to ten weeks total. These treatments are generally available at your local pharmacy, Amazon or through the Scar Away website.

PCA Vitamin B3 for Skin Brightening: Skin lightening cream IF NEEDED for dark Scars. ***Instructions:*** Apply to affected area once daily at night, starting six weeks after surgery). Cost: \$64 plus Tax

BIOCORNEUM by Sientra: Crosslinked silicone that visibly diminishes the appearance Of scars. ***Instructions:*** Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

Scar Treatments: Our office offers a wide range of scar treatment services such as micro needling, laser treatments, or steroid injections. They services are available for an additional cost and can be discussed with our medical aesthetician if you are interested in them.

General instructions:

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

In case of: Continuous or Heavy Bleeding
Difficulty Breathing
Fever/ Chills
Continuous Nausea and Vomiting
Excessive Drainage from Surgical Area

Contact Dr. Horn or the clinical staff immediately.

During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.