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**Postoperative Instructions – Gynecomastia**

Be certain to read these instructions carefully prior to your surgery and follow them closely.

**MEDICATIONS**

The following medications have been prescribed by Dr. Hayes

|                     |                         |          |              |
|---------------------|-------------------------|----------|--------------|
| Oxycodone 5-10mg    | Every 4 Hours as needed | x 7 days | PAIN CONTROL |
| Metoclopramide 10mg | Every 6 Hours as needed | x 3 days | NAUSEA       |
| Ondansetron 8mg     | Every 8 Hours as needed | x 3 days | NAUSEA       |

The following medication(s) should be purchased over-the-counter and take regularly:

|                   |                         |            |                |
|-------------------|-------------------------|------------|----------------|
| Miralax 17g       | Once daily              | x 5-7 days | STOOL SOFTENER |
| Tylenol 325-650mg | Every 4 Hours as needed | x 5-7 days | PAIN CONTROL   |

**IMMEDIATELY AFTER SURGERY**

- 2-hr nap on arrival home, then out of bed and get dressed.
- Pain Meds: Take Tylenol regularly and Oxycodone as needed for pain control.
- Do NOT apply ice to surgical area. The risk of frostbite is too high.

**GENERAL INSTRUCTIONS**

- Contact Dr. Hayes immediately should you develop any sudden pain, swelling, fever, or your nipple were to appear pale or purple (signs of vascular compromise).
- Avoid sleeping on your stomach for 6 weeks postoperatively.
- Leave steri-strips or surgical glue in place. They will fall off on their own.
- Wear your vest (compression garment) at all times except to shower.
- **Keep a record of daily drain outputs (if present). Bring daily record to all postoperative visits.**
- Do NOT drive if taking Oxycodone (narcotic pain medicine).

## **ACTIVITIES**

- You have just undergone a major surgical operation. The only activity permitted for the first six weeks is walking, which you should do at least 3 times per day.
- Full cardio and chest exercises after 6 weeks.
- Do not drive if you are taking any pain medications or muscle relaxants.

## **INCISION CARE**

- Keep Steri-Strips or surgical glue in place. Dr. Hayes will replace them at your one week visit.
- You may shower 48 hours after surgery.
- No tub soaking or swimming until cleared by Dr. Hayes.
- Inspect the skin around the Steri-Strips, or glue, daily for signs of infection (redness).
- After four weeks, Dr. Hayes may prescribe silicone gel for scar treatment.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, and keep incisions covered. If sun exposure is unavoidable use sunscreen with SPF 30 or greater. Put sunblock on incisions, and allow it to dry, BEFORE putting on your swimsuit.

## **APPEARANCE**

- Your chest will be swollen (edema fluid) which will be greatest on the third postoperative day.
- Scars can be reddened for up to 6 months, after which point they will fade and soften.
- Some bruising can occur after your procedure, but the degree varies from patient to patient.

## **WHEN TO CALL**

- If you have increased swelling or bruising, or sudden chest asymmetry.
- If you nipple becomes pale or deep purple (signs of blood flow problem).
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

***PLEASE CALL DR. HAYES OR THE OFFICE WITH ANY QUESTIONS OR CONCERNS:  
503-297-9340***