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Gynecomastia Post Op Instructions

Thank you very much for allowing us to perform your surgery. Please call us at any time if instructions are not clear or issues are not addressed in this instruction sheet.

WHAT TO EXPECT

You will see your physician approximately five to seven days following your surgery.

You can expect some drainage on your steri-strips covering your incisions. Maximum discomfort will occur in the first few days after surgery, and most people are up and around in 3-5 days.

You may become constipated due to the pain medications and should begin a stool softener (i.e. Colace) after surgery. In addition, you may want to add a fiber supplement (Metamucil, Citrucel, etc.) after tolerating a diet to decrease straining. If you have gone several days without a bowel movement and are feeling uncomfortable, you may want to consider using a glycerin suppository or Fleet's enema (available at all drug stores).

Mild diffuse swelling. Increased pain with getting up and down. Your appetite may be decreased. You may have mild temperature elevation. You may have mid-chest pain.

Numbness and decreased sensation to the nipples is normal at first and normally comes back over a few weeks to a few months.

Sutures are dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line at your first postop appointment.

WHAT TO DO

Take frequent short walks to help your circulation and to decrease the risk of blood clot formation in the legs. Walking also helps your breathing. Take frequent deep breaths. Drink abundant clear fluids. You may eat solids if you are hungry - light fare at first.

Do not take your pain medications on an empty stomach. Eat a light snack, such as crackers, about 30 minutes before you take your medication. Do not drive or operate machinery while you are taking your narcotic pain medication. If you are still taking narcotics by the time of your first postop appointment, then have someone drive you to your appointment.

Refrain from sleeping on your stomach. Sleep elevated on your back until your first postop appointment unless otherwise directed by your doctor.

You may shower after your first post op appointment; blot dressings dry and replace the surgi-bra after showering. You may reinforce the dressings if there is drainage from the wounds. Do not tub bathe until cleared by your doctor to do so.



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WHAT ARE RESTRICTIONS

No heavy lifting (>5 lbs), vigorous activity, or straining for six weeks.

No tub bathing until cleared by your physician

No use of heating pads.

Do not apply ice directly to skin, as you may still have numbness to areas.

WHEN TO CALL

If you develop severe shortness of breath or chest pain – call 911, then notify physician.

If you run a fever, or have chills – call our office.

If you have markedly increased pain, bruising, swelling or bloody drainage– call our office.

If you develop leg swelling or pain – call our office.

If you have persistent nausea or vomiting – call our office.

If you are uncertain about a medication or treatment – call our office.

If you are experiencing any adverse symptoms or changes that you do not understand – call our office.

Phone Numbers:

Cool Springs Plastic Surgery – 615-771-7718

Dr. Moore's Cell Phone – 615-476-2784

Dr. Sarosiek's Cell- 215-910-1187

*In the event of an emergency, please call, do not text