

Robert Louton, MD

BLAIR PLASTIC SURGERY

GYNECOMASTIA - FACT SHEET

1. **DO NOT** sunburn or suntan the surgical area one month prior to procedure.
2. Restrict arm activity; no arm movement above 45 degrees, ie., ironing or 2 weeks.
3. No heavy lifting (such as a toddler or bag of groceries) for 2 weeks, ie., nothing over 10 pounds.
4. Keep head of bed elevated for 3 days following surgery.
5. You may drive one week after your surgery.
6. Please wear compression garment for 4 weeks following surgery.
7. Change dressings daily as needed.
8. If you have a drain in place empty very two hours. Keep records of the time and amounts emptied, right and left separately. Always compress bulb after draining.
9. **DO NOT** remove tape. Keep taped area dry.
10. You may shower the day of your follow-up appointment.
11. No exertion or lifting for 2 weeks.
12. You may begin gentle walking 1 mile a day after 2 weeks.
13. Return to normal activity in 3-4 weeks following surgery.
14. You may exercise after 1 month.
15. Return to Dr. Louton's office _____. Call for appointment.

MEDICATIONS:

1. If an antibiotic is prescribed for you, make sure you take the medication exactly as ordered. Take all the pills you are given.
2. If a pain medication is prescribed for you, take the medication when needed every 3-4 hours for discomfort.

Watch closely for signs of infection

- If wound becomes red, swollen, tender or hot to touch.
- If red streaks are seen coming from the operative area.
- If you develop a fever.
- If the wound breaks open or begins draining.
- If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problems day or night at (814) 949-7280.