



## **GYNECOMASTIA SURGERY/MALE BREAST REDUCTION DISCHARGE INSTRUCTIONS**

### **FOLLOW UP CARE**

- Wear your compression vest at all times for 4-6 weeks, **ONLY** remove for bathing
- If a drain is placed, bloody drainage is common and will reduce over the first 2 days. The bulb must stay compressed and drainage should be measured every 12 hours.
- If a follow up appointment was not made the day of surgery, please call the office to make one

### **ACTIVITY**

- Do **NOT** shower for 48 hours
- Do **NOT** drive for 72 hours
- **NO** lifting greater than 30 pounds or strenuous activity for 4-6 weeks

### **DIET**

- Resume previous diet as tolerated

### **MEDICATIONS**

- Prescription (s) will be sent with you. Use as directed.
- See **PAIN CONTROL** sheet for additional instructions.

### **PROBLEMS TO WATCH FOR**

- Fever over 101.4
- Excessive bleeding
- Increased swelling, redness and/or heat at operative site

**Call Dr. Harvey with ANY problems that concern you:** Phone # (843)722-1985. If you need immediate attention, go to the nearest Emergency Department.

**I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.**

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Patient/Responsible Party

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Nurse Signature