

GYNECOMASTIA

DR.GERUT'S POST OPERATIVE INSTRUCTIONS

NO SMOKING, SEX, LIFTING, STRAINING, ETC. FOR THE FIRST TWO DAYS, KEEP ELBOW AT SIDES AT ALL TIMES. Shoulder motion should be restricted to a minimum. Elbows may bend freely to bring hands to face but shoulders may move only enough to wash under arms. You must not wash your own hair for this causes your arms to lift too much. If you move around too much, this causes bleeding or infection. It is critical that you DO NOT move your arms. Even the motion of removing a child proof cap from your medication can causes bleeding.

You must wiggle your toes and ankles and move your knees as much as possible to help prevent blood clots from forming in your legs.

Please take the medications that Dr. Gerut indicates with a check mark. Any medication not checked off may be taken if necessary. If you are allergic to any of these medications, please let us know! Please take all pills with food to avoid nausea. When you fill your prescriptions, the bottles will be labeled only with the medical names for your pills and for your reference, these names are in parentheses below.

Antibiotic:

- ☐ **Keflex** (Cephalexin) - 500mg (1 pill) 2 times a day or if allergic to Penicillin,
- ☐ **Vibramycin** (Doxycycline) - 100mg 2 times a day

Severe pain:

- ☐ **Percocet** (Oxycodone)- 1-2 pills every three to four hours as needed

Moderate pain:

- ☐ **Norco** (hydrocodone bitartrate and acetaminophen) - 1-2 pills every 3 to 4 hours as needed.

Nausea:

- ☐ **Compazine** (Prochlorperazine) Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before using a second suppository. .

Anti-swelling:

- ☐ **Medrol Dose Pack** (methylprednisolone) -take pills as directed on package-begin the morning after surgery

Constipation:

- ☐ **Ex-Lax** (or any other mild laxative as needed).

Multi-Vitamin:

- ☐ 1 daily

Expect to be constipated after surgery due to anesthesia and medications. This will subside.

Cough and breathe deeply, this will help prevent any post-operative respiratory infections.

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KEEP THE VEST ON AT ALL TIMES DURING THE FIRST 24 HOURS. Twenty four hours after surgery you may remove your vest and bandages to shower BRIEFLY. During shower, chest, and stitches may be washed GENTLY by letting the water run on them. Do not spray shower directly on chest or stitches. Gently pat chest dry, apply BACITRACIN or NEOSPORIN ointment to stitches and then apply bandages and put vest back on. During shower, elbows may be raised from sides only enough to wash.

Do not apply any treatment cream to the surgical area unless approved by Dr.Gerut. Your stitches will be removed within one week after surgery; If the post surgical vest gets too tight, you may loosen it or change it for a looser one.

It is normal to have pain, swelling and bruising but if there is very severe swelling and/or pain only on one side or if severe pain persists after two days call Dr. Gerut immediately. Please take your temperature using a thermometer every afternoon and call us if you have a temperature higher than 100.8 degrees Fahrenheit. If pain persists after three days, if there is a severe or sudden increase in pain or swelling on only one side or any emergency please call Dr. Gerut immediately at **516-295-2100**. After hours call **516-620-3619**.

No Aspirin, Buffrin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E, or any other medication not directed by Dr.Gerut, for one week after surgery. Regarding Advil or Motrin, check with Dr.Gerut or his office staff.

You may begin limited activity roughly five days after surgery and full heavy exercise within three weeks. Jogging, impact aerobics, and other "bouncing exercises" will be permitted after four to six weeks.

Your chest will become sensitive to touch for sensitive to touch for several weeks to months after the surgery and this will return to normal. You will have to sleep on your back for several days after surgery.

Be sure to take your temperature with a thermometer daily for five days after surgery. Call if you have fever.

I have been advised of the possible complications (there are others not listed here):

Bleeding	Thrombophlebitis	Reaction to the sutures
Infection	Hypertrophic Scars	Need for revisional surgery
Keloids	Skin discoloration	Recurrence
Wound Dehiscence	Chronic Pain	Disability
Skin Numbness	Nerve Damage	Scar discoloration
Seroma/Prolonged drainage	Anesthesia Risks	Paresthesias
Skin Necrosis	Hematoma	Contour deformities

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It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy. X_____

Please call the office at your convenience to schedule your first postoperative appointment.

Among other things, significant weight gain or weight loss (change of 10% or more in body weight) can affect your surgical result, for this reason, you must agree to make all efforts to keep your weight stable after your procedure. If your weight changes significantly (change of 10% or more in body weight) after your procedure,

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you will not be entitled to any free “touch-up” procedures to the same area and you will be charged a surgical fee and an operating room fee and an anesthesia fee. If for other reasons, revisional surgery is required, there may be a surgical fee but even if there is no surgical fee, THERE WILL BE A STANDARD FEE FOR THE OPERATING ROOM AND THE ANESTHESIA.

No Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for ONE WEEK AFTER SURGERY. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

I have read the above instructions (2 pages total) and possible problems fully, all my questions have been answered and I understand and accept the instructions and possible problems fully.

Patient Signature

Date

Zachary E. Gerut, M.D., F.A.C.S., P.C.
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Member, American Society of Plastic Surgeons
Member, American Society for Aesthetic Plastic Surgery
Assistant Clinical Professor of Plastic Surgery, Albert Einstein Med Ctr. (ret)
Medical Director or Research, Touro University Physician Assistant School
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