


ORANGE COUNTY PLASTIC SURGERY
4501 Birch Street
Newport Beach, CA 92660
949-888-9700

POST-OPERATIVE INSTRUCTIONS FOR GYNECOMASTIA SURGERY

1. On your day of surgery, you can expect to feel sleepy and you may experience discomfort, this may continue to the following day. For this reason, it is imperative that a responsible adult spend the first 24-48 hours at home with you.
2. **POST-OPERATIVE CARE:** Adequate pain medication will also be prescribed.
3. Wounds are generally closed with buried sutures. The incisions are covered with surgical glue and dry dressings, which are to stay in place for the first few days. This glue will generally peel off as you shower over the first few weeks. It is recommended that patients begin applying MD Performance® Ultimate Scar Formula to the incision as the adhesive begins to peel off about two weeks after surgery. The silicone Ultimate Scar Formula should be applied twice daily until the scar has finished healing and no longer contains any hint of pink or purple. The skin may itch after any surgical procedure. After the first week, the skin can be moisturized with the MD Performance® Avocado CoQ-10 Body Balm – this will relieve the dryness and itchiness and help any crusts fall off the suture lines quicker.
4. Your first post-operative visit will generally be scheduled four to five days after surgery at which time the wound will be examined and dressing changed if needed.
5. There are no dietary restrictions post-operatively. However, you are caution to avoid alcoholic beverages while taking medication for pain, sleep or tranquilization.

If you have any questions or concerns please call the office at (949) 888-9700, after hours call Dr. Bunkis cell at 949-413-8888.

() BY CHECKING THIS BOX I, OR MY CARETAKER, ACKNOWLEDGES THAT I HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.


Patient or Caretaker Signature


Date/Time

Physicians Signature

Date/Time

PHYSICIAN COPY

IN CASE OF AN EMERGENCY DIAL 911

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