



POST-SURGICAL INDICATIONS GYNECOMASTIA 19.80

- In the afternoon (or after surgery) liquid diet, the next day ordinary diet, without irritants or fats (drink plenty of water).
- There may be swelling in the extremities, which will soon disappear by placing the feet high.
- It is normal to bleed even if it moistens the girdle and the bed lines, however if it is excessive inform your doctor immediately.
- In the first 24 hours there is the possibility of fever, which can be managed with Acetaminophen.
- The operated area tends to present bruises that are erased in a matter of 2 or 3 weeks, you should use the girdle according to the indications of the Medical Specialist Dr. Luis Alberto Guerra Araujo.
- The accumulation of liquids under the skin is not dangerous, as it is normally reabsorbed by the body.
- It is advisable that during the first 48 hours after the operation, always go with you to the bathroom or to walk, as you may feel dizzy.
- It is not healthy to stay in bed all the time, the day after the surgery, you should wander accompanied (a).
- Abstain from sunbathing for at least three months to avoid skin spots.
- If there is a fever greater than 38°, notify immediately.
- You must urinate and evacuate adequately (in colour, volume and texture) if you do not have your specialist advise you.
- You should not smoke during this period (3 months), the cigarette does not promote healing.
- After the first month of surgery you can start your aerobic exercises, stretching and after the second month muscle strengthening.
- Inflammation of Ginecomastia19.80® will remain until the third or fourth month. The final result can only be seen after the sixth month.
- If you are on medication of any kind, consult your doctor before abruptly stopping the treatment.

- Appointment 24 hours after surgery, or as indicated by Dr. Luis Alberto Guerra, please call the next day of surgery to the secretary to coordinate appointment at telephone: 3166280790.
- To take punctually the medicines formulated especially the antibiotic.
- You can return to work approximately 3 days after the operation, as long as the activity does not require intense physical activity. If this is the case, you will have to study your case personally to see how much time you need to take off work.
- If you have any questions call your Specialist Doctor at 3166280790
- Notify the Surgeon or Anesthesiologist in case of exaggerated pain, bleeding, vomiting, fever, headache after surgery or sudden difficulty breathing.