



POST-OP INSTRUCTIONS
GenSculpt™ FTM Top Surgery® & Mansculpture® Procedures

Questions after surgery:

If you ever have any questions after surgery please call the office.

-Do not accept medical advice from anyone except from Dr. Garramone's office.

-During the daytime when you call press "option 1", this will transfer you to the front desk and they will contact Dr. Garramone and get him on the phone for you. This is for general questions.

-If it is after regular business hours or on the weekend, press "option 4", this is an Emergency Line only. This will transfer you to Dr. Garramone's cell phone directly so you can speak with him. Do not use the Emergency Line unless you have complications such as bleeding, severe pain, or excessive nausea and vomiting. Please respect Dr. Garramone's time after hours and reserve contacting him only for emergency situations.

The Night Before Your Surgery:

1. Do not eat or drink anything after Midnight on the night before your surgery date. Having any contents in your stomach increases your risk of aspirating the stomach contents into your lungs, which can lead to respiratory failure or death. If you do not follow these instructions, the Anesthesiologist will cancel your surgery.

Care During Your 1st Week After Surgery:

DRESSINGS:

1. You will have a compressive bandage over your chest dressings. **Do not remove your bandages and do not allow anyone else to remove or modify your postoperative bandages in anyway. If you do remove or loosen your bandages, you are voluntarily removing yourself from Dr. Garramone's care and cannot hold Dr. Garramone liable for any complications that may occur.** The Doctor will take them off at your first post-op appointment. You will be required to wear the compressive bandage for up to three weeks after your surgery.
2. If you have had ManSculpture Liposuction, you will have an abdominal binder placed after surgery and also have compression shorts placed after surgery. You may remove these garments the next day and throw away the gauze from underneath the garment. You may shower or sponge bath these areas, but keep the chest dressing on and dry. When done cleaning, place the abdominal binder and compression shorts back on. You may need to wear the compressive garments for several weeks after surgery.
3. You will have 2 drains coming out of the chest bandage. They will be removed during your postoperative appointment.
4. The drain care is as follows:
 1. The amount of drainage needs to be recorded. You will need to keep that separate. If your drains are not producing much fluids, do not worry, this is normal and may be simply that you are just not producing a lot of fluid. The drain may have air bubbles or small blood clots in the tube, this is normal.
 2. They will need to be drained every 4-5hrs. More often if necessary. It is normal to have to empty the drains a few times during the first couple of days. This will decrease over the course of the week. The drainage will start out bloody, and then lighten to a pinkish then pinkish clear yellow color, this is normal.
 3. To read the amount of drainage, open the bulb and look at the side of it. The numbers on the side are in CC's, write the date, time and amount down. Keep a 24 hour total.
 4. The drainage may be red. Dump it down the toilet, do not save it.
 5. Compress the bulb until your 2 fingers touch. Then re-cap the bulb. This creates the suction needed.
 6. This is a sterile closed drainage system. **DO NOT RINSE OUT THE TUBE OR BULB WITH ANYTHING.**
 7. The tubing may need to be stripped. This should be done as needed to keep the tube unclogged.
 1. Hold the tube securely at the insertion site with two fingers of one hand.
 2. Take your two fingers from the other hand and squeeze the tube gently together while pulling down the tube toward the bulb. **MAKE SURE YOU DO NOT PULL VIGOROUSLY AND PULL OUT THE TUBE.**
5. **Call the office immediately if you are showing signs of active bleeding.** If the drains are continuously filling up with bright red blood, and you are emptying the drains every hour for several hours, call the office. Other signs of active bleeding are pronounced swelling on one side of the chest versus the other and bruising traveling to the armpit region. Call the office with any of these signs.



6. You may shower your lower body if you are able, just keep your chest bandages on and dry. Otherwise, you may sponge bath cleaning your lower body, armpits, hair, and wear deodorant.

ACTIVITY:

1. You will need to rest frequently the first week. You may walk around the house as tolerated. Keep your legs elevated and wear compression stockings when at rest. If your arms feel swollen, then you may elevate them on a few pillows above the level of your heart while at rest. If your bandage feels too tight, call the office to ask if you may loosen it the next day by unwrapping it a few times then re-wrapping it so that it is less tight, but still snug. Do not remove the bandage completely under any circumstance without direct orders from Dr. Garramone.
2. Sleep with the head of your bed elevated or flat on your back. Do not sleep on your side. You must sleep on your back for the next 6 weeks while your chest heals. If you are having ManSculpture Liposuction, you may leak clear bloody fluid for the first 24 hours after surgery. Place an absorbent pad or plastic bag between the sheets of the bed you are sleeping to avoid staining the mattress.
3. Every 2-3 hours take deep breaths to expand your lungs.
4. Do not raise your arms overhead, do not reach for anything out of reach, and limit your arm movements for the first 2-3 weeks after the surgery. Excessive reaching can cause the incisions to pull apart and open.
5. Avoid picking anything up greater than 5lbs or doing strenuous activities which raise your heart rate for the first few weeks.

DIET

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have nausea stick to a bland diet until it subsides.
3. The pain medicine may be constipating. Drink plenty of fluids. You may take an over the counter laxative, such as Milk of Magnesia, as needed.

MEDICATION

1. **Dr. Garramone Strongly recommends taking the Vitamedica Healing Support Program consisting of Bromelain and Arnica Montana.** This is a daily supplement to help reduce swelling and speed up healing. We have this available for you in our office. Start taking the Bromelain the night before surgery and start the Arnica Montana immediately that night after surgery. Continue as directed on the package instructions
2. Take the antibiotic until it is complete as prescribed.
3. The pain med is a narcotic and should be taken as prescribed. Do not take any Tylenol while on the pain medicine. The medicine we prescribe has Tylenol in it already.
4. Do not drink alcoholic beverages or drive a car while taking the pain med.
5. The pain med can cause nausea and should be taken with food at each dose.
6. You may resume your regular medication after surgery except Ibuprofen and Vitamin E (wait at least 2 weeks post-op).
7. If you are on aspirin or Coumadin check with your Doctor to see when you may resume them.

Care During Your 2nd through 6th Week After Surgery:

DRESSINGS

1. After your dressings are removed, you may shower the next day. We recommend **using Hibiclens Skin Cleanser** to wash your chest. Hibiclens can be purchased over the counter at any pharmacy. Do not face the shower jets, as this may damage the nipple grafts. Let the shower hit your back and run over the front of your chest. Do not scrub your nipple grafts. When getting out of the shower, pat yourself dry with a clean towel and then immediately place new dressings on the nipple grafts as described below.
2. **DRAIN HOLES** at the end of the incision should be covered with a bandage and antibiotic ointment once a day for one week.
3. **NIPPLE DRESSINGS** should be done once a day for three weeks. Cover each nipple graft with a square of Xeroform Gauze and Neosporin Ointment, then cover this with gauze or a Large Square Band-Aid dressing. This must be done after you shower at least once a day. After about 3 weeks your nipple grafts should be completely healed and you can stop the dressing changes. This can take up to 3 weeks in some individuals. It is not unusual for the center of the nipple graft to take the longest to heal. If the center of the nipple looks like a hole or "crater", don't worry just continue with the dressing as this will eventually fill in. Your nipple grafts will peel and bleed for a few weeks, follow wound care as directed by Dr. Garramone until they heal completely.
4. **You may start using ScarGuard, 2 weeks after the surgery date.** Only use this on your incisions, not the nipple grafts.
5. It is normal to have swelling up to 3 months after surgery. **DO NOT USE ICE PACKS OR HEAT PACKS ON YOUR CHEST.** This may cause damage to the nipples or cause bleeding. Wear the compressive ACE bandage for the next two



weeks, only removing it to shower. Please wash this ACE bandage in a pillow case so it does not get damaged and remains clean. Most signs of "dog ears" or puffiness of the central chest will disappear after the swelling has completely dissipated. Only contact us regarding this if it is still present several months after your surgery, as it can take some time for you to accommodate to your new chest.

6. After 2-3 weeks you may see little pimple-like blisters along your incision site. They may appear as tiny abscesses. They're sutures that haven't dissolved yet. If you see a small plastic hook, don't worry, this is the absorbable stapling sutures we use to close the skin, just cover them with Band-Aids and Neosporin until they dissolve.

ACTIVITY

7. **You cannot perform any type of exercise for 6 weeks from the date of surgery.**
8. **You may not drive a car** the first two weeks or while you are taking your pain medicine. After that it will depend on your ability to handle a car without causing any discomfort. You should continue to wear your seatbelt at all times.
9. **Avoid smoking** or being around smoke at least during the first 3 weeks. This will interfere with the healing process.
10. **Avoid all sexual activity during the first 3 weeks after surgery.**

CALL THE OFFICE AT (954) 752-7842 IF YOU HAVE:

1. A temperature greater than 101 degrees.
2. Excessive bright red bleeding on the dressings/bra or from the drainage tubes.
3. Excessive bloody drainage from the drains (drains filling with blood completely, and then filling up again shortly after, especially if this has been going on for several hours)
4. Bruising traveling down your side or into your armpit.
5. Swelling of one side of the chest that feels twice as big as the other side, this may be a sign of bleeding.
6. If you have persistent vomiting, leave a pharmacy number so a prescription can be called in.
7. Any questions you may have regarding your care.

IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE CLOSEST EMERGENCY ROOM.

*****For Patients who live outside our immediate local area, state, or country*****

Please be aware that once you leave our immediate vicinity, your long term postoperative care by Dr. Garramone will be limited to consultation by phone, email, or mail. Dr. Garramone will make himself available to speak with you regarding any postoperative concerns, but you may still need to seek another physician's care if Dr. Garramone recommends you to. It is also your responsibility to contact our office with any concerns by telephone first at (954) 752-7842. After contacting us by telephone first, you may then email any additional photos to frontdesk@drgarramone.com . If you email us to any other address or do not call us first on the telephone, we will not be able to assist you. Please keep in mind that all follow-up care must be initiated by you via telephone. Dr. Garramone cares about your recovery, but cannot help you if he does not know about your concerns.



The Garramone Center
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HEALING SUPPORT PROGRAM

Ideal for sports injuries and less invasive surgical procedures, the Healing Support Program features our top selling Homeopathic Arnica Montana plus Bromelain with Quercetin supplement. This botanical combo effectively minimizes the swelling, inflammation and bruising that often accompanies soft tissue injury. Formulated in sub-lingual tablets and small capsules, this 10-day kit is a winner with queasy “non-supplement” users. Enclosed instructional sheet guides you through every step of the healing process to speed your recovery.

Product Details:

- Arnica Montana plant is organically grown in the mountainous regions of Western Europe and U.S. Single remedy medication excludes dyes or colorants.
- Arnica Montana 30X formulation eliminates the challenge in determining the appropriate product, potency and formulation to buy.
- Arnica Montana soft-grain, sub-lingual tablets dissolve rapidly without leaving a chalky taste in your mouth.
- Each Bromelain with Quercetin two capsule dose provides 500 mg of bromelain and 500 mg of quercetin. Small, easy-to-swallow, odorless capsules.
- Bromelain with Quercetin delivers 2,000 Milk Clotting Units per gram, a measurement of activity and potency that studies have shown is required for therapeutic effect.
- Free from artificial colors and preservatives.
- Manufactured in the U.S. using Good Manufacturing Practices (GMPs) and in accordance with the Homeopathic Pharmacopœia of the United States (HPUS).



Scarguard MD's SG5™ Technology

Scarguard MD employs multiple technologies that have been shown to help flatten and shrink old scar tissue as well as guard against the formation of new scar tissue. This clear formula dries to a nearly invisible film. It can even be worn inconspicuously under make-up!

Independent medical studies have shown Scarguard MD is truly effective. That is why so many plastic surgeons and dermatologists use it for their patients.