

Fairfield County Plastic Surgery

Postoperative Gynecomastia Instructions

PREOPERATIVE INSTRUCTIONS

1. **DO NOT TAKE ANY ASPIRIN PRODUCTS for 3 weeks prior to or after surgery. Do not SMOKE for three weeks before or after surgery.** Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol.
2. Do not drink alcohol for 10 days before or after surgery.
3. Shower with Hibiclens or Dial soap (over-the-counter) prior to surgery, paying particular attention to the chest area. Do not apply body creams of any kind.
4. Fill the prescriptions we give you.
5. Your preoperative lab tests and EKG (if ordered) will be obtained prior to surgery. Please ensure that they are done 10 days before surgery
6. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication which we instruct you to take with a sip of water the morning of surgery.**
7. If you are having outpatient surgery please have someone drive you home and remain with you for 24 hours

POST OPERATIVE INSTRUCTIONS

1. Your surgery will take approximately 2 hours. You will go to the recovery room for 1-2 hours until you have awakened from the anesthesia.
2. A bandage will be placed on you after the surgery and must be worn for 2 weeks, day and night.
3. **For 2 weeks after surgery, keep your arms, from the shoulder to the elbow, at your sides as much as possible.** Avoid any heavy lifting or reaching above your head. Sleep on your back for 48 hours to prevent any undue pressure on your chest. N
4. o stick-shift driving for 2 weeks. You may resume most of your normal activities within 2 weeks.
5. **Six weeks after surgery,** you may resume strenuous activities such as heavy lifting, bowling, golf, tennis, swimming, running, etc., if you can tolerate them comfortably.
6. After surgery, it will be necessary to see you in the office each week for 2 weeks, to change your dressings. You will not need to return to the office again until your 6 week check-up.
7. If you have any questions, please call the office.