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Gynecomastia Surgery Pre-op Instructions

Do not take aspirin, ibuprofen, herbal medications, fish oil or vitamin E for 14 days prior to surgery.

Shower with **Hibiclens** for 3 days and the evening before and the morning of surgery, use a clean towel each time. Do not use the Hibiclens on your face at all, only on your body. Hibiclens is not safe to use near your eyes. Shower 48 hours post op using the remaining Hibiclens soap for the next few showers. Hibiclens is available at your pharmacy.

Wear comfortable clothes to the surgery center, avoid tops that pull over the head and slip on shoes are best.

Bring your history and consent paperwork with you to the surgery center.

Fill prescriptions and read the instructions before the day of surgery. Discuss your regular medication use prior to surgery.

Do not drive yourself to the surgery center; you will also need a ride home and someone to care for you for at least 24 hours.

After Surgery Instructions

Eat what sounds appetizing, smaller portions more often may be more comfortable than full meals.

Take medications as directed, try to keep some food in your stomach before taking pain medications as they can cause nausea. Pain medications can cause constipation, take plenty of liquids and an over the counter stool softener such as: **Colace** or **Senna Kot** can help prevent problems. **Milk of Magnesia** as directed on the bottle is safe if you are having a problem. Take **Tylenol 1000 mg every 6 hours** for pain and taper in a few days when you are ready.

Rest, but do not be sedentary for extended periods, raise your legs and flex the leg muscles frequently while resting and walk for 5 minutes of each hour while awake, around the house is fine.

You may move your arms gently throughout the range of motion, no resistive exercise and no lifting more than 5 pounds with each hand.

You should take a shower in 48 hours from the surgery time unless your discharge paperwork tells you otherwise. Use the remaining **Hibiclens** for the first few showers. Wash right over the wounds and drain dressing taking care to keep the drain dressing intact. Adjust your garment as needed, and put it back on after showers. Wash out the garment every other day.

Empty the drains and record the amount of fluid two or three times a day. **Never** strip the drain tubing. Bring the record of output to your follow up office appointments.

A gentle massage of tenderness or spasms in the muscles is OK. If something doesn't seem right to you, please call, we are happy to answer questions.