

## PREPARATIONS FOR YOUR GYNECOMASTIA SURGERY

### TWO WEEKS BEFORE YOUR SURGERY

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. **Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet).** If you have been prescribed a blood thinning medication or aspirin, please consult your prescribing physician before stopping them for surgery. **DO NOT STOP ASPIRIN IF YOU HAVE A STENT IN PLACE.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

Have your labs drawn at an OSU lab. The order has been placed in the computer

Fill your prescriptions before your surgery. Don't bring them to surgery.

**Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).**

### THE EVENING BEFORE YOUR SURGERY

Get a good night's rest.

Make some jello and/or soup for after your surgery.

You will be provided with anti-bacterial surgical wash to use the night before surgery. Armpits, groin, surgical area need to be washed, rinsed thoroughly, and dried.

**Do not eat or drink anything after midnight the night before surgery.**

### MORNING OF SURGERY

Use the anti-bacterial surgical wash provided to you the morning of your surgery. Armpits, groin, surgical area need to be washed, rinsed thoroughly, and dried.

Do not wear contact lenses, hairpieces or hairpins. No nail polish, lotion or creams. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

**After surgery:**

Take deep breaths frequently after surgery. 4-5 every commercial break on TV or 10 x's an hour.

Eat a high protein, low salt diet for 6 weeks after surgery. Drink 4-8 ounces of fluid an hour while awake. Water, Gatorade, tea, and low sugar juices are recommended.

Get up and move. Walking is encouraged, at least 5 x's a day. Bathroom, kitchen, etc.

Do not do anything that hurts. Do not reach with your arms. No heavy lifting or strenuous activity for 6 weeks & until cleared by the doctor. Your recovery will take approximately 6 weeks.

The swelling gets worse for 4-5 days, then it begins to resolve. You may have swelling for up to 6 weeks and beyond.

Bruising "blossoms" for about 3 days.

Your surgery will be done primarily with liposuction. You may have an incision around the nipple. If so, your incisions will be closed using dissolvable stitches and Dermabond surgical glue.

Let the warm soapy water run over your incisions.

No swimming or hot tubs until cleared by the doctor.

Expect some deep muscle pain from the liposuction.

Expect some of the fluid used in your surgery to leak out of the incision sites. This is messy but it is not a problem

Leave compression garment on and keep it clean and dry. In 48 hrs you may remove the garment and shower.

Wear supportive vest 24 hrs. a day for 6 weeks at all times except when showering & washing the garment. You can take it off to wash it then put it back on immediately afterwards. You may place a gauze/pad between the vest and your skin to decrease pressure of the vest rubbing on incision line & to absorb liposuction fluid.

Take your medications as prescribed. Use pain medication if needed. Pain pills can be nauseating take them with some crackers or toast. Otherwise take Tylenol. Do not take Tylenol in addition to your pain medication as it already contains it. Ibuprofen/Advil or Aleve can be used week 2. NO ASPIRIN.

Take a stool softener or laxative as needed to prevent constipation.

Finish taking your antibiotics.

**You cannot drive or operate machinery while taking pain medication.**

**If you have severe nausea & vomit, have a temp 101 or higher, increased swelling, redness, increased drainage, drainage with an odor, opening of the incision or overall not feeling well notify Dr. Janis by calling the office 614-293-8566. If it is after office hours the Physician On-Call will be notified. If you feel it is an emergency go to the nearest ER or call 911.**

