



Gynecomastia Excision: What to Expect

Before Your Surgery

- One week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc. as these can increase your risk of bleeding during and after surgery
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox or Fragmin
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water

Hospital Stay

- If you remain in the hospital following surgery you will likely be discharged the following morning
- Postoperatively you may have drains; these will likely be removed prior to discharge
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication

Activity Following Surgery

- **No** heavy lifting (greater than 10 pounds) or raising your arms above your head until you have been cleared by your surgeon
- You may not drive for until you are comfortable wearing a seatbelt and have been cleared to do so
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery
- In order to prevent blood clots it is important to walk around as much as possible following your surgery

Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol only. Do not exceed 4 grams of Tylenol daily.
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, etc. for a minimum of two weeks after surgery. These medications can increase your risk of bleeding
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter stool softeners
- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment

Diet/Appetite

- You may resume your pre-hospital diet
- Drink plenty of fluids, at least eight glasses of eight ounces each day to help prevent constipation associated with pain medication

Caring for Your Wound

- It is normal to have some bruising and swelling for a few days after surgery
- If your wound has oozing or drainage, you may cover it with a dry dressing. Please be sure to change it every day
- Please wear the compression dressing that was placed on you at all times until your follow up appointment
- Please leave your steri-strips in place until your follow-up appointment
- If you were given a prescription for oral antibiotics, please complete the entire course that was prescribed
- Do **not** put any ointments or antibiotic creams on your incision. These will not make it heal faster

Medications Following Surgery

- Resume your pre-hospital medications. Follow-up with your primary care physician regarding new prescriptions or refills of your home medications
- If you were given an antibiotic, continue to take it as directed. Do **not** stop taking the antibiotic just because you feel better

Follow-Up Appointment

- If you are not given a follow up appointment when you leave the hospital, call your plastic surgeon's office and make an appointment to be seen within one week after your surgery
- At this appointment, we will check your incision and remove any drains and/or stitches. Your surgeon will also discuss the results of the surgery and your treatment plan

When to Call Your Surgeon's Office

- If you have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication
- If you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision)
- If you have other concerns
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies