



3800 J Street, Suite 210
Sacramento CA 95819
Phone: (916)273-7435
fax: (916)760-8218

www.sacramentoplastics.com

PRE AND POST-OPERATIVE INSTRUCTIONS: **Gynecomastia**

Before Surgery:

1. Arrange for transportation to and from the office or surgery center and for a responsible adult to stay with you for several hours following surgery.
2. **Two weeks before surgery, discontinue and avoid taking aspirin containing products** (aspirin, Bufferin, regular Anacin, Fiorinal, Easprin, Aspirin with codeine, Darvon compound, Soma compound, and all Alka-Seltzer products).
Four days before surgery, discontinue all anti-inflammatory drugs such as Advil, Aleve, Clinoril, Feldene, Indocin, Meclomen, Naprosyn, Motrin, and Relafen.
3. **You may take** Tylenol, Datril, Panadol, or Anacin III as needed.

Day of Surgery:

1. Please **do not** eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. **Please shower the morning of surgery; remove contact lenses.**
4. Wear comfortable clothing (loose blouse, button-down shirt).

Post-Operative Day One:

1. The most important thing to do on the day of surgery is to relax and rest.
2. **Every hour, exercise your calf muscles** for 10 minutes to maintain the blood circulation in your legs.
3. Take your prescribed pain medication as needed to remain comfortable. If you have nausea or vomiting use the medication as directed.
4. **Drink plenty of liquids** (at least eight ounces every hour, while awake). Avoid alcohol and caffeine (these substances hinder tissue healing). Try to avoid excessive straining if you have a bowel movement.
5. Do not attempt to do any work around the house. Avoid lifting or straining. Stay in bed with your back and legs elevated by pillows.
6. You may adjust your support garment as needed for comfort. It should be snug but not uncomfortable.
7. It is not uncommon to have some drainage after liposuction procedures. Consider using a beach towel to protect your furniture from soilage for the first 48 hours following surgery.
8. It is not uncommon for your nipple to be numb for up to six weeks following the surgery.

9. *Empty your drains once in morning and at night before bed. Record the twenty-four hour totals. Please bring this information with you to post-op appointments.*
10. *While it is ok to shower or take a sponge back 48 hours after surgery, avoid tub soaking until you see your physician.*

The following should prompt a call to your physician at the numbers listed below:

Difficulty breathing

Pain or nausea/vomiting unrelieved by the medications

Increased chest swelling or pain

Day Two:

1. The support garment should be worn at all times.
2. Ambulation is begun carefully.
3. Keep arm movements to a minimum
4. Continue to drink plenty of liquids and start solid foods as tolerated.

Day Three:

1. Most patients are starting to feel better by day three, though you will still feel tired and sore for six weeks.
2. *The support garment should be worn at all times until the drains are removed and for four weeks when standing or walking around.*
3. Driving or operating machinery must be avoided for at least the first week and while taking narcotic pain medication or if unable to painlessly make the body movements required for driving safely.