

Lowcountry Plastic Surgery Center

Pre and Postoperative Gynecomastia Instructions

PREOPERATIVE INSTRUCTIONS

Approximate time until completely healed: One to three months. The scars will take at least one year to fade out to their minimal color.

1. DO NOT TAKE ANY ASPIRIN PRODUCTS OR IBUPROFEN for two weeks prior to or after surgery. Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol.
2. Do not SMOKE for four weeks before or after surgery. If you are a smoker you should clearly understand that nicotine could impair and delay healing. Who wants to be left with scars worse than normal and other complications as a result of smoking through pre and postsurgical period??
3. Shower with Hibiclens soap (over-the-counter) or Dial soap prior to surgery, paying particular attention to the breast area. Do not apply body creams of any kind. Wear comfortable and loose fitting clothes such as sweat pants, and a button down shirt. You cannot lift your arms over your head after surgery so wear a button down shirt on the day of surgery.
4. You may take an iron supplement at least one month prior to surgery, as well as one month afterward. (such as a multivitamin with iron)
5. You may rinse and brush your teeth but **do not eat or drink anything after midnight the night before your surgery.**
6. If you are having outpatient surgery someone must drive you home from the surgical center and remain with you for 24-48 hours.

POSTOPERATIVE INSTRUCTIONS

1. Your surgery will take approximately 3-4 hours. You will go to the recovery room for 1-2 hours until you have awakened from anesthesia.
2. Be sure to take your prescribed antibiotics until gone.
3. A gauze wrap will be placed around your chest after the surgery. You may remove this gauze in approximately 24 hours. After the gauze is removed you may shower and allow water to run over your chest. It is okay to wash with a mild soap as well. Do not take a bath, go swimming or do anything that will allow the incisions to be submerged under water, until after the paper tape is removed from the incisions (approximately 2 weeks after surgery).
4. There will be a drain in each breast after surgery. Empty each drain in the morning and in the evening and record the output on a piece of paper. Bring this record with you to the office. These drains will most likely be removed within the first few days after surgery, although it is possible that they may need to remain in place for as long as a week.
5. You will wear a compression garment after your surgery. You can remove the compression garment when you shower or to wash the garment itself. Otherwise, keep the garment on at all times for the first 2 weeks.
6. For the first two weeks after surgery, do not lift anything heavier than 10-12 lbs. You may move your arms according to your own comfort, but avoid any heavy lifting. Also avoid any other activity that causes you to strain, including exercise. You may walk as much as you like and stairs are okay. Sleep on your back for 48 hours to prevent any undue pressure on your chest. Some people prefer to sleep on a recliner for the first few days.
7. After two weeks, you may slowly increase your level of activity and at four weeks after surgery, you may resume most of your normal activities, including exercise. Six weeks after surgery, you may resume strenuous activities such as aerobics, heavy lifting, bowling, golf, tennis, swimming, running etc. if you can tolerate them comfortably.
8. After surgery it will be necessary to see you in the office 2-5 days after surgery and then at two weeks after surgery. Occasionally, we will see patients again in another week, after which we will not need to see you in the office again until your six week check up.
9. If there are any problems at all or anything that you do not understand, please call the office at **(843) 971-2860**. If you call after hours, the doctor on call will return your phone call. Prescriptions are not refilled outside regular office hours so please be sure to plan ahead.