

# GYNECOMASTIA

## Pre-Op Instructions for Gynecomastia

Congratulations on taking the first step towards achieving your aesthetic goals with Gynecomastia surgery. To ensure a smooth and successful procedure, please carefully follow the pre-operative instructions outlined below:

### Night Before Surgery:

- **Nothing to Eat or Drink:** Please refrain from eating or drinking anything within 8 hours of your surgery, not even water. Failure to comply with this instruction may result in the cancellation of your surgery. However, you may take certain medications with a small sip of water (We will review these medications with you).
- **Antibiotics:** Take your first dose of antibiotics the night before surgery.
- **Set Up Home Recovery Area:** Prepare a comfortable recovery area in your home. This may include pillows, blankets, puppy pads, books, television, and any other items that will help make your recovery as comfortable as possible.
- **Bathing:** The night before surgery you may take a shower with antibacterial soap, but please avoid applying lotion, perfume or other skincare products.
- **Shaving:** Chest area must be shaved prior to surgery.

### Day of Surgery:

- **Dress Comfortably:** Wear comfortable, clean, and loose-fitting clothes on the day of your surgery. We recommend a warm loose-fitting shirt that can be buttoned or zipped, robe and slippers.
- **Avoid Make up, Jewelry, and Nails:** Please do not wear any makeup, jewelry, cosmetic creams, deodorant, or piercings on the day of your surgery. Avoid long, thick acrylic nails.
- **Medications:** Take any medications that our provider has told you to take the morning of surgery with only a sip of water. Bring your medications with you on surgery day.
- **Transportation:** Make sure you have arranged for someone to pick you up after surgery. You will provide us with their contact information. If you receive general anesthesia, you will not be able to drive yourself or take a taxi/uber.

### What to bring with you:

- **Pre-op folder:** Bring your folder with all of your post op instructions
- **Medications:** Bring all prescriptions with you on surgery day.
- **Compression socks/TED hose:** Put your compression socks on prior to surgery.
- **Backpack:** Bring a back pack or small bag to keep your belongings in. Leave valuables at home unless you have a payment that is due the day of surgery.
- **Blanket:** Bring a small blanket.

By following these pre-operative instructions diligently, you will help ensure the safety and success of your Gynecomastia procedure. If you have any questions or concerns, please do not hesitate to contact our office at **214-227-0668**.

We look forward to assisting you on your journey to a more confident and rejuvenated you.

Sincerely,  
*Noble Cosmetic Surgery*

## Post-Operative Instructions for Gynecomastia

It is essential to follow these post-operative instructions carefully to ensure a smooth and comfortable healing process:

### Medications:

- **Pain Management:** You will be prescribed pain medication to alleviate post-operative discomfort. If your pain is mild, you may opt to take Tylenol instead, but avoid combining it with the prescribed medication. Take your pain medication with food to minimize the risk of nausea. Do not take any NSAIDS (Ex: Aspirin, Ibuprofen, Motrin, Excedrin)
- **Antibiotics:** Take your antibiotics as prescribed. Finish all antibiotics.
- **Nausea:** Nausea is common after surgery, especially with anesthesia and strong medications. If you experience nausea, take the prescribed medication as directed.
- **Arnica:** Take over the counter arnica tablets as directed. This will help with bruising and swelling.
- **Constipation:** Narcotic pain relievers and anesthesia can cause constipation. Start taking an over-the-counter stool softener (Dulcolax soft chews, Colace, Miralax) to avoid constipation.
- **Medications to Avoid:** Only take medications approved or prescribed by your surgeon to prevent complications.

### Nutrition:

- **Diet:** Begin with a light, low-fat diet after surgery. You can transition to a regular diet as long as you don't experience nausea or vomiting. Start with liquids and gradually progress to solid foods. Watch your sodium intake. Salty foods will cause you to swell more. Increase your protein intake, which will help with your healing process.
- **Hydration:** Drink 8-10 glasses of water daily to stay hydrated. Even if you don't have much of an appetite make sure to drink plenty of water and protein shakes. Avoid alcohol for at least 48 hours and while taking pain medications.

### Activity:

- **Movement:** It's crucial to move around immediately after surgery. Move your legs and ankles while lying down and take deep breaths to keep your lungs clear. Make sure to get up and walk every 2 hours while awake. This decreases your chances of developing blood clots and pneumonia.
- **Exercise:** No heavy lifting, strenuous exercise, or activity until cleared by the doctor.

- **Compression Vest:** Wear the provided compression garment for 6 weeks. Ensure it fits snugly but not too tight.
- **Driving:** Refrain from driving or making important decisions while on pain medications. Wait at least 6 hours after discontinuing pain medication before operating a vehicle.
- **Travel:** Take breaks during automobile travel every 2 hours to prevent blood pooling and clots. Avoid airline travel for the first week post-surgery due to increased swelling.
- **Return to Work:** Most patients require anywhere from 5 to 7 days off work, depending on job responsibilities. Consider returning to work with a light schedule initially.
- **Sexual Intercourse:** Sexual activity can be resumed when you feel ready and your incisions are fully healed.
- **Sleeping:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side or stomach. Keeping your body more upright will minimize swelling.

### **Bathing:**

- **Showering:** Do not shower until instructed. You may sponge bath until cleared. Once cleared to shower, do not scrub the incisions. Make sure to completely pat dry the incisions after showering. Do not use any scar treatment, ointments, lotions, or other skincare creams on the incision until instructed to do so.
- **Hot Tubs/Baths/Swimming Pools:** No hot tubs, baths, or swimming pools until cleared by the doctor.

Please adhere to these instructions closely to optimize your recovery and achieve the best possible results. If you have any questions or concerns, do not hesitate to contact our office.

Wishing you a speedy and comfortable recovery!

## Post-Care Instructions: Gynecomastia

### How to Take Care of Your Incisions & Drains:

- **Incisions:** You will have dissolvable sutures at your incision site, these will dissolve over time and do not need to be removed. If you have steri-strips, do not remove them, they will fall off on their own or you can gently pull them off if they haven't fallen off after 10 days. Do not remove any surgical dressings or bandages unless directed the doctor.
- **Drains:** You may have JP (bulb) drains or Penrose (flat) drains. These will be removed at your follow up appointment. If you have bulb drains, "strip" or "milk" your drains every 4 hours and record the output. Bring the record with you to your follow up appt. If you have flat drains, change the pads or gauze as needed.

### What to Expect:

- **Drainage:** Drainage from incision sites is normal for the first 24-72 hours, usually blood-tinged. If needed, use gauze or a light pad to reinforce post-op dressings.
- **Bruising:** Expect bruising, which can be significant depending on the extent of liposuction. Bruises typically resolve within 2-3 weeks, changing from purple to yellow/green as they heal. You may take arnica to help with bruising.
- **Swelling:** Swelling is common for weeks to months after liposuction. Compression garments and rest can help manage swelling.
- **Itching:** Itching around incision sites is normal and can be relieved with Benadryl or a non-drowsy antihistamine if necessary.
- **Sensory Changes:** You may feel reduced or heightened sensation in the nipples, incision sites, and chest tissue which is normal. You can expect return of normal sensation after a few weeks to months.
- **Scarring:** Scars are minimal and may take up to a year to fully heal. Tape or topical silicone gel can aid in scar management. Do not use any scar treatment on incisions until cleared by the doctor.

### **Precautions - What Not to Do:**

- **Avoid Soaking:** Do not soak in baths, jacuzzi, or hot tubs until all incisions have fully healed.
- **Avoid Blood Thinners:** Refrain from taking aspirin, ibuprofen, naproxen, or other blood thinners until cleared by your surgeon.
- **No Heating Pads or Ice Packs:** Unless instructed otherwise by your surgeon, do not apply heating pads or ice packs to treated areas.
- **DO NOT apply:** any hydrogen peroxide, scar treatment, ointments, lotions, or other skincare creams on the incision until instructed to do so.

### **Emergency Situations - When to Seek Medical Attention:**

- **Signs of Infection:** Including spreading redness, increased drainage or pus, worsening pain, warmth at incision site, and fever over 101°F.
- **Excessive Bleeding:** If dressings are saturated with bright red blood and require frequent changes.
- **Other Emergencies:** Such as difficulty breathing, chest pain, severe vomiting, or asymmetric swelling in your legs.

**For any concerns, please call our office at 214-227-0668 or seek immediate medical attention by calling 911.**

We're here to support you throughout your recovery journey.

## Checklist for Gynecomastia

Items to purchase:

1. Compression Socks (put on the morning of surgery)
2. Stool Softner (Colace, Miralax, Dulcolax Soft Chews)
3. Arnicare (helps with post op bruising/swelling) You can start taking these 2-3 days before surgery.
4. Gauze
5. Maxi pads
6. Medical tape (to hold gauze or pads in place)

- Prescribed Medications: Ensure you have pain, nausea, and antibiotic prescriptions.
- ASK OUR STAFF ABOUT OUR IV VITAMIN SERVICES (you can get this on the day of surgery & at your follow up appointment)