



## **Instructions before Gynecomastia Surgery:**

1. You will need to have your medical clearance completed 4 weeks before surgery. You will need to schedule an appointment with your primary care physician, complete labwork, Chest X-ray (if over 60 years old) and EKG (if over the age of 50). Be sure to have these all done 4 weeks before your surgery date. Be sure to have them faxed to the office as soon as you get them to 716.407.6483. You can also have them emailed to: [info@buffaloplasticsurgery.com](mailto:info@buffaloplasticsurgery.com)
1. Do not take any Aspirin or Ibuprofen or NSAIDs of any kind for 2 weeks before surgery and 2 weeks after.
2. Do not smoke or use nicotine patches/gum for 4 weeks before your surgery. No second hand smoking for 4 weeks before surgery.
3. One week before surgery (and to be continued for 4 weeks after surgery), begin vitamin supplementation with Vitamin C, 1 g four times a day and a multi-vitamin daily
4. During the week prior to your surgery, do not remove any body hair in the abdominal and pubic area.
5. In the 24 hours prior to your surgery do not apply lotions, powder, or deodorant to your body
6. Three days before surgery and the morning before surgery, wash with an antiseptic skin cleanser containing Chlorhexidine. (Hibiclens is the most commonly available product and can be purchased at most local pharmacies). Wash as follows:
  1. Pour a quarter size amount of liquid CHG soap onto a clean, wet washcloth and apply to your entire body from the neck down. Pay attention to the underarms, belly button, and gluteal area.
  2. Rub the soap filled washcloth over your entire body for 3 minutes. Apply additional soap to the washcloth as needed. Use a Q-tip to wash the inside of your belly button.
7. Prepare your house and recovery area by having plenty of clean pillows, foods that are soft on your stomach, and plenty of liquids. Make sure you have a pair of compression socks at home, which can be ordered online.
8. The night before your surgery sleep in fresh, clean sheets and garments.
9. Do not have anything to eat or drink after midnight the day before your surgery.
10. The day before your procedure, go to the pharmacy and purchase: over the counter Tylenol, an over the counter stool softener such as Senokot, your prescription antibiotic, your prescription pain medication, and your prescription anti-nausea medication.



## **Instructions on Medications after Surgery**

### **Pain Management:**

1. Take Tylenol 650 mg scheduled every 6 hours whether or not you are having pain. Do not take it if you have a liver problem or allergy. Be sure to take it with food. You will be prescribed Tylenol.
2. Take the Oxycodone for breakthrough pain that is not controlled by Tylenol. You will be prescribed Oxycodone.
3. You can start Motrin one (1) week after surgery. After the first week, you can take both Tylenol and Motrin every 6 hours.

### **Antibiotics**

1. You will be prescribed an antibiotic to prevent infection. Please take your antibiotic as directed.

### **Stool Softener/Constipation Prevention**

1. Take Colace 200mg twice a day to prevent constipation. You will be prescribed Colace.
2. If you have not had a bowel movement 48 hours after surgery, then you should start over the counter Milk of Magnesium.

### **Nausea**

1. If you have nausea after general anesthesia, then you should take Zofran 8mg every 8 hours as needed for nausea. You will be prescribed Zofran.



## Instructions after gynecomastia surgery

- Wear your compression vest at all times for 6 weeks, ONLY remove for showers
- If a drain is placed, bloody drainage is common and will reduce over the first 2 days. The bulb must stay compressed and drainage should be measured every 6 hours.
- **ACTIVITY**
  - Do NOT shower for 48 hours
  - Do NOT drive for 1 WEEK after surgery
  - NO lifting greater than 15 pounds or strenuous activity for 4-6 weeks
- **DIET**
  - Resume previous diet as tolerated
- **MEDICATIONS**
  - Prescriptions have been ordered for you, please take as directed
  - See Instructions on Medications after Surgery on our website under patient forms for additional instructions.
- **PROBLEMS TO WATCH FOR**
  - Fever over 101.4
  - Excessive bleeding
  - Increased swelling, redness and/or heat at operative site
- Call Dr. Dawli with ANY problems that concern you: Phone 716.821.2935. If you need immediate attention, go to the nearest Emergency Department.
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