



Gynecomastia Instructions

BEFORE YOUR SURGERY:

Suggestions:

- Arrange for 5-7 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- Have someone available for transportation to and from the hospital.
- Obtain a large package of 4"x4" gauze for use after surgery

Mandatory:

- Stop intake of all Aspirin and Aspirin-related products (anti-inflammatory like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 4-6 weeks before surgery. I would prefer 6 weeks if possible.
- Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- Discuss any medications, or changes in medications by contacting the office.
- Have someone available to bring you home after surgery (usually later in the afternoon).
- Have someone available to stay with you the night after surgery.
- Be at the hospital before your scheduled time, the hospital will contact you with this exact information.
- Call your surgeon with any questions you may have, as soon as possible, before your surgery.



AFTER YOUR SURGERY:

Immediately After Your Surgery:

- No heavy lifting (more than 10 pounds)
- Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- Wear your conforming garment or tensor at all times, to reduce swelling and support the contour of the area treated
- The dressing is to remain dry and in place until I see you for your first post-operative visit. Sponge baths or sitting in the bath are acceptable, but please keep the bandages dry.
- You may eat a regular diet
- No driving until discussed with me
- Take all medications as prescribed:
 - Usually Dilaudid, Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin, Ibuprofen, Advil or Tylenol.
 - Note that the pain medicine may make you nauseous or constipated. You may use over-the-counter stool softeners, such as Colace.
- Call my office to arrange a follow-up appointment for about 2-5 days after surgery

Things to Watch Out For:

- A rapid increase in pain, swelling and firmness, with severe bruising
- Vomiting after the first 24-48 hours
- High fevers above 38.5 C or 101.5 F
- Pain and swelling in one, or both legs
- **The presence of these above mentioned conditions warrants a call to your surgeon**

Normal Post-Surgical Reactions:

- Pain, bruising, and mild swelling are normal and expected after surgery
- Low grade temperature is often seen early after surgery
- Mild differences in size are common and normal in the early recovery period



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Late Post-Operative Period:

- No heavy lifting, weight training, vigorous exercise such as aerobics, jogging or swimming, for 4 weeks after surgery
 - Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
 - You may shower after the first office dressing change, and gently wash directly over the incisions
 - Wear your conforming garment at all times for the first 4 weeks, unless otherwise directed
 - Dry gauze may be placed inside the bra if small amounts of drainage persist
 - Your stitches will be removed approximately two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
 - Normal activities may be resumed as tolerated by 2-4 weeks after surgery
 - Avoid tanning over healing incisions
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- **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact our office, during business hours, Monday to Friday – 08:30am-4:30pm**
 - **After hours and weekends: call my office, where you will be directed to call an emergency contact number, which is either Dr. Silverman’s cell phone – 613-355-9007, or Dr. Boyd’s cell phone – 613-297-2974.**
 - **Additionally you can contact us by email directly to askdrsilverman@ottawaplasticsurgery.com or askdrboyd@ottawaplasticsurgery.com, though we cannot guarantee an emergent response via email.**
 - **If you are unable to reach us and have a medical emergency, please go to the nearest emergency room.**
 - **Please notify our office if any unexpected hospital admission was encountered within 10 days of procedure.**