



THE PLASTIC SURGERY CENTRE

## Instructions for Patients Having Gynecomastia

### **2 Weeks Before Surgery**

- Avoid all aspirin containing products, all anti-inflammatory medications (ie. Ibuprofen such as Advil or Motrin) and all products containing 400 IU's of vitamin E. These products can increase bleeding both during and after surgery and may lead to increased postoperative bruising, swelling and recovery time.
- Stop or at least cut down on smoking. Smoking constricts small blood vessels causing delayed healing, increased scarring and increased recovery time.
- Begin taking a multivitamin tablet daily, which can speed healing and shorten recovery time. It is recommended to continue your multivitamin for one month following surgery.
- Obtain recommended post-op garment.
- Arrange for transportation to and from surgery. You must have someone responsible pick you up and remain with you for a minimum of 24 hours. You cannot take a taxi home on your own.
- Make arrangements for care after your surgery. It is recommended to restrict activity for approximately 2 weeks following surgery.
- Avoid dental appointments 2 weeks prior to surgery as well a 2 weeks post operatively.

### **24 Hours Before Surgery**

- Avoid alcohol and smoking.
- Nothing to eat or drink after midnight the night before your surgery (no water, no gum). If surgery is booked after 12 noon, clear fluid may be allowed up to 6 hours before surgery (ie. Black coffee/tea, clear juice, water). Our nurse will advise you on this when you are given your time for surgery.

### **Day of Surgery**

- Wear loose, comfortable button-up/zipper clothing (ie.jog suit, slip on shoes).
- Leave valuables at home (remove contact lenses, jewelry and piercing of any kind).
- Take any regular prescribed medications (ie. blood pressure medications) with a small amount of water.
- Bring recommended post-op garment to the surgical facility.

## After Surgery

- Some pain and nausea can be expected. This can be relieved with anti-pain and anti-nausea medications. Take them as directed. If you are coming from out of town, please have these medications with you.
- Any binders worn post-operatively should be comfortable and not too tight. Adjust as necessary.
- You will be wearing an initial post-operative garment with foam 24hrs/day for the first week (may be removed for showering). After your one week post-op appointment you will be fitted for a secondary garment that will be worn for 5-8 weeks. This garment is important for optimal results.
- Rest is important to minimize pain, nausea and swelling.
- You may notice some red, watery fluid draining from operative/liposuction sites. This is normal and will usually resolve in 24-48 hours. It is advisable to place old blankets or absorbent towels under you to protect your mattress/ car seats.
- Begin a light nutritional regime and increase food intake as tolerated.
- Take anti-pain medications with food to avoid an upset stomach. Begin taking antibiotic medication once home from surgery and continue until prescription is finished.

**Call (403) 228-1313 if you have any questions or concerns.  
If leaving a message please leave a number.**

## Post-operative Day 1

- It is advisable to leave binders and post-operative garments on for 48 hours before showering. After showering, the garments/binders need to be put back on and any surgical tape (white) should be dried. The tape will normally stay on for two weeks.
- Be aware of any unusual swelling or a sudden increase in pain. If either of these are noted, phone the office as soon as possible.
- Continue to maintain a regular fluid intake.
- Be aware of decreased skin sensation. Do not apply excessive heat or cold to the operative areas.
- Do not smoke and continue to rest as much as possible.
- A nurse will call you by noon to assess how you are doing. At this time, you will be given further post-operative instructions as well as an appointment for your first post-operative visit.

## Post-operative Days 2-7

- Continue to rest as much as possible and gradually increase your activity level after 7 days postoperatively. As individuals, everyone's post-operative healing phases will differ. Generally speaking, gentle exercise may resume at 10 days with moderate exercise resuming after 3 weeks. It is advisable to abstain from a full exercise regime until 6 weeks postoperatively.
- Scar tissue (firmness or hardening of operative tissues) may increase up to 6 weeks with the resultant softening of the tissues.

- Approximately 75% of swelling will diminish within 3 – 4 weeks. Any remaining swelling can take from 6 months to 1 year to absorb.
- Best results are usually not seen until 3 months following surgery yet the final stages of healing are usually not complete until 1 year post-operatively.