



Gynecomastia Post-Operative

Care Guide

TWO WEEKS PRIOR TO SURGERY

- NO NSAIDs (Dispirin, Brufen, Dicloran, etc.) since they interfere with normal blood clotting.
- NO Vitamin E or any herbal medicine.
- NO smoking because nicotine reduces blood flow to the skin and can cause significant complications during healing.
- You may take Panadol or generic forms of this drug. These do not interfere with blood clotting or healing.

ONE WEEK PRIOR TO SURGERY

- If your skin tolerates, use a germ-inhibiting soap for bathing (Dettol, Safeguard, etc.) for at least the week before surgery.
- DO report any signs of cold, infection, boils, or pustules appearing before surgery.
- DO NOT take any cough or cold medications without permission.
- DO arrange for a responsible adult to drive you to and from the facility on the day of surgery, since you will not be allowed to leave on your own.
- DO arrange for a responsible individual to spend the first 24 hours with you, since you CANNOT be left alone.

NIGHT BEFORE SURGERY & MORNING OF SURGERY

- DO NOT eat or drink anything (not even water) at least 6 hours before your surgery.
- If you are on regular medications, please clear these with Dr. Saud Majid prior to surgery.
- DO take a thorough shower with your germ-inhibiting soap the night before and the morning of surgery. Shampoo your hair the morning of surgery. This is to decrease the bacteria on the skin and thereby decrease the risk of infection.

- You may brush your teeth the morning of surgery but do not drink anything.
- DO wear comfortable, loose-fitting clothes that do not have to be put on over your head. The best thing to wear home is a button-up top and pull on pants. You will want easy-to-slip-on flat shoes.
- DO NOT bring any valuables or wear any jewelry (no rings, earrings, chains, toe rings, other metal piercings or watches). We will need to tape wedding rings if worn.
- You must have an adult drive for you – to and from surgery. Please note that a cab or bus driver will not be allowed to take you home after surgery.
- If you are not recovering at home, it is very important that we have the number where you will be after surgery.

POST-OPERATIVE INSTRUCTIONS

- You MUST HAVE AN ADULT DRIVE YOU home from the facility. You will not be allowed to drive yourself or use public transportation.
- The effects of general anesthesia can persist for 24 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others.
- DRINK fluids to help rid the body of the drugs used in surgery. If you have straws in the house you will tend to drink more fluids the first few days after surgery.
- Diet may be as tolerated. Eating foods that are bland and soft for the first day or so may be best tolerated. REMEMBER to take the medications with a little something to eat or you will get sick to your stomach.
- Take only medications that have been prescribed for your postoperative care and take them according to the instructions.
- If you experience any generalized itching, rash, wheezing or tightness in the throat, stop taking all medications and call the office immediately, as this may be a sign of a drug allergy.
- You can expect moderate discomfort, which should be helped by the pain medications. The greatest discomfort is usually during the first 24 hours. Thereafter, you will find that you require less pain medication.
- Call Dr. Saud Majid immediately if you have:
 - SEVERE PAIN not responding to pain medication.
 - Swelling that is greater on one side than the other.
 - Incisions that are RED OR FEVERISH.
 - A FEVER.

- Keep any DRESSINGS ON, CLEAN AND DRY until cleared for showering. Do not remove them until instructed to do so. There may be some bloody drainage on the dressings. If you have excessive bleeding or the bandages are too tight, call the office immediately.
- After surgery it is important to have a bowel movement within a day or two. If you do not, you may take over the counter laxatives to encourage your bowels to move.
- Minimal activity for the first 48 hours. No house cleaning, furniture rearranging, etc. Relax, be pampered, and let your body heal. The less energy you use on doing things, the more energy your body can focus on healing.
- Limit lifting, pulling or pushing for 10 days.
- You are requested to remain within a reasonable traveling distance of the office for approximately ten days.
- Once cleared to shower you may do so every day. Please do not use the bathtub until cleared.
- NO SMOKING for the first 14 postoperative days.
- You may drive 2 weeks after the procedure.
- All surgeries involve some scarring, which can take up to 2 years to fade. No matter how small they may be, we still want them to heal as well as they are able. Exposing red scars to the sun can cause permanent discoloration. A good sunscreen (SPF 50 or higher) can help and will protect the surrounding tissues that might not feel like a sunburn developing while the nerves are healing.
- DO NOT use a hot tub for 4 weeks or until cleared.
- AVOID sports or strenuous activities 4-6 weeks as your surgeon gives you clearance during your post-operative visits. This is to avoid any unnecessary complications (bleeding, bruising, or swelling).
- You may return to work when you feel able and are cleared to do so by your surgeon.