

PRE AND POST OPERATIVE INSTRUCTIONS FOR GYNECOMASTIA

BEFORE SURGERY

- Please read all of the information in your pre-op packet three times, immediately after your appointment, the day before surgery, and again after surgery to ensure that you remember the details.
- By planning ahead, you can have a more relaxed recovery phase. Fill your prescriptions, stock the house with comfort foods, arrange a comfortable place to sleep and remember that you will need a ride to the first and second post-op appointment. Do not be alone the night of surgery; plan to have someone stay with you.
- **NO SMOKING** of any kind one month before or after surgery is recommended.
- Start taking Bromelain, Arnica Montana or Arnika Forte as directed.

THE DAY OF SURGERY

- Make sure you do not eat, drink, smoke or chew anything except essential medications (as approved by your surgeon) 8 hours prior to surgery. You may take a Dramamine with a small sip of water the morning of surgery.
- Know where to go, when to be there, and please **DO NOT FORGET** your pre-op packet
- Wear comfortable clothing, preferably something you do not have to pull over your head.
- You will be in the recovery room for about 2 or more hours after surgery, so be sure your ride home understands this time frame.
- The car ride home is usually not the highlight of your day. Sometimes the motion causes you to vomit. If you live hours away you may consider staying in town the first night.
- Once home, find a nice place to settle where you can sleep on your back with the head of the bed elevated about 30 degrees. Keep your medications, fluids and, if necessary, something to throw up into close by. Work on deep breathing to keep your lungs expanded. Start your antibiotics at the next mealtime once at home and all others as needed or as directed.

THE FIRST WEEK

- Minimal activities for the first 4 days after surgery.
- Remember to position yourself as you have been instructed.
- Leave the garment in place as it helps with the swelling. You will be told if it is ok to shower. At the time of the first postoperative visit, the compression garment will be removed.
- Do not raise your arm(s) above your shoulders.
- **NO** heavy lifting, pushing or pulling for a minimum of one week.
- After the first week, full range of motion with your arms is permissible, but lifting is restricted to 5 pounds or less.

You can expect:

- To return to non-strenuous work within 3-7 days.
- Moderate discomfort, which should be relieved by the pain medications. Also, placing well-padded ice bags high on the chest often relieves discomfort.
- Expect moderate swelling, bruising and drainage.

Call the office if you experience:

- Severe pain not responding to pain medications
- Excess swelling or swelling that is more obvious on one side than the other.
- Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
- You notice any signs of increasing firmness of one or both breasts

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- If you had a nipple graft, notify the surgeon if the graft is becoming darker in color.
- A fever.
- Call the office if you have any questions.

LONG TERM

- Most swelling, bruising and soreness is gone within 6-8 weeks.
- Return to strenuous activities in 4 weeks.
- The scar will continue to fade for up to 2 years.