

Orlando Plastic Surgery Center, LLC

Instructions for Gynecomastia Patients

Be sure to read these instructions carefully before your surgery, and follow them closely.

BEFORE SURGERY

Stop taking the following medications as soon as possible before surgery (preferably two weeks) and do not use them for two weeks after:

Aspirin & ibuprofen products

- Bayer
- Aleve (Naproxyn)
- Excedrin
- Motrin
- Anacin
- Advil
- St. Joseph's

If you are taking a prescription drug which contains aspirin, please ask the prescribing physician if there is a suitable alternative.

Blood thinners such as Coumadin (warfarin)

Anti-Inflammatory drugs such as:

- Celebrex
- Naproxyn
- Voltaren
- Relafen

Supplements:

- Ephedrine
- Melatonin
- Ginseng
- Ginkgo Biloba
- Fish Oil
- Garlic
- Kavakava
- Vitamin C
- Ginger
- Echinacea
- Vitamin E
- St. John's Wort
- Herbal Tea

Please contact our office if you have any questions about your medications.

If you smoke, please stop one month before surgery and refrain from smoking one month after surgery to reduce the risk of complications. Smoking interferes with healing. Surgery cannot be performed unless you stop smoking.

Have all of your prescriptions filled before surgery. Dr. Pope typically prescribes:

Keflex (Ceflexin)	Three times a day for seven days	Antibiotic
Hydrocodone/Acetaminophen	Every four to six hours, as needed	Pain control

In addition, we recommend that you have Colace, an over-the-counter drug used for constipation, available in case it's needed.

Colace should be taken twice a day for seven days, and you may want to begin taking it the day before surgery.

ON THE DAY/EVENING BEFORE SURGERY

Do NOT eat or drink after midnight the day before your surgery (unless otherwise instructed.)

This includes water, candy, mints and gum.

Arrange for a responsible adult age 18 or older to pick you up, take you home and remain with

you for the first 24 hours. For your safety, your surgery may be canceled if these arrangements are not made.

Shower the night before and the morning of surgery with antibiotic soap (Dial, for example).

ON THE DAY OF SURGERY

Leave all valuables at home (money, credit cards, jewelry, etc.)

Do not use body lotions, perfumes or deodorant.

If you wear dentures, glasses or contact lenses, you may need to remove them before surgery. Please bring the necessary items to store them.

Wear loose, comfortable clothing and shoes.

AFTER SURGERY

Please return home and go directly to bed for the day/night. Have an adult assist you to the restroom during this time. An adult must stay with you for the first 24 hours after you are discharged from OASIS. If you are more comfortable turned slightly on your side, this is permissible.

You should expect to experience discomfort or mild pain, but severe pain is unusual and should be reported to our office. You have been given a prescription for pain. Take this medication as needed, but always eat something first. Do not drink alcohol or drive while on this medication. Please complete the entire antibiotic prescription that has been given to you. Call our office if you experience any side effects from the medications.

Diet may be as desired. You may want to start with something simple, such as liquids or soup, and then progress to other foods as tolerated.

Wear the vest day and night for two weeks after your surgery. Then, for daytime support, for three more weeks. The vest may be removed long enough to wash and dry, and during your shower.

Any signs of bleeding or rash should be reported immediately.

You may not shower until 24 hours after discharge from OASIS. When you are ready to shower after that, remove the dressing (gauze and tape) beforehand. You may shower with mild antiseptic soap (Dial or Lever 2000).

Your follow-up appointment with our office was made when you schedule your surgery. Please refer to your appointment card for the date and time.

If you have drains, they will be removed in our office when your drainage is 20 cc or less in a 24-hour period. Do not allow any other physician to remove these drains, unless directly instructed by Dr. Pope.

Please do not hesitate to call our office if you have any questions or problems. Our doctor is always available to help you. For a true emergency call 911 immediately.

If you live outside Orlando, please make arrangements to stay within a two-hour drive of our office for the first week after surgery. Complications can occur within the first few weeks of your recovery.

Get more rest than usual. This will help speed your recovery.

You have been provided with an incentive spirometer (IS) device that you should use 10 times an

hour while awake. This helps expand your lungs after surgery and prevent pneumonia.

DO NOT SMOKE for at least four weeks following surgery. Nicotine causes constriction of the tiny blood vessels in your skin, and smoking soon after surgery can cause significant delay in wound healing and even skin scabbing or skin loss.

Avoid the use of aspirin or products that contain aspirin for two weeks. Aspirin thins the blood and can lead to bleeding under the skin.

Activities

Please refrain from all activity during the first week after discharge. During the second week, you may resume walking, and during the fourth week you may resume light activity. After six weeks, you can resume normal activity.

Contact our office immediately if you develop any sudden pain, swelling or fever.

Do not drive for one week after surgery, or while on pain medication.

Incision care

After two weeks, apply Vaseline to all incisions twice daily with a clean fingertip or Q-tip. Avoid other ointments or lotions during the first month of healing.

Sutures or staples support wounds until sufficient healing occurs. Some slight redness around the individual sutures is common, but we should be notified if the redness extends along the entire line of incision, or if the suture line becomes tender and swollen. These may be early signs of infection and antibiotics will be needed. Keep incisions clean and inspect them daily for signs of infection (redness or drainage).

After four to six weeks, Dr. Pope will instruct you on scar massage techniques, and may prescribe silicone gel for scar treatment.

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock and keep incisions covered, if sun exposure is unavoidable (SPF 30 or greater).

Appearance

All wounds, whether surgical or accidental, heal by scar tissue formation. While we take great care to make the scars virtually imperceptible, this process takes several months, so please be patient. Scars can be reddened for up to six months, and then they will fade and soften. The scar will extend from near one hipbone to the other, low on the abdomen.

Some bruising is expected after your procedure, but the degree varies from patient to patient. Cold washcloth compresses may be helpful to improve comfort.

What to Expect

Swelling and discoloration are expected. Excessive or uneven swelling, however, should be reported to the office.

Maximum discomfort will occur the first few days. Pain after surgery is usually mild and easily controlled by the prescription medication you were given, and by ice compresses. If these measures are not effective, please call us.

You may feel tired for several weeks or months, but particularly drowsy in the first few days, due

to the expected effects of anesthesia. It is not unusual after surgery to feel weak, have palpitations, break out in cold sweats, or get dizzy. This gradually disappears without medication.

Your body temperature may rise to slightly over 100 degrees after surgery because patients sometimes drink less water than usual. If it persists after drinking liberal amounts of fluids, call us. Please do not try to estimate your temperature; you must use a thermometer.

It is common to feel slightly depressed after surgery. Remember that swelling and discoloration are only temporary. It is best to adopt a positive attitude, occupy yourself with the details of postoperative care, and divert your mind by making plans to resume normal living as soon as possible. Drugs may worsen the depression.

DO NOT:

Injure the operated area; be careful of small children, pets and restless bedmates.

Stoop over, strain, or do anything to make the blood rush to your head for 24 hours after being discharged.

Remove the dressing unless instructed to do so. You should remove the dressing (gauze and tape) before taking a shower.

Compare your progress with other patients; everyone heals differently.

Smoke or drink excessively.

Pick at the operated area if it itches; we'll give you a medication for itching if necessary.

Follow-up care

Dr. Pope will examine you on the night of your surgery, and the following morning to change your dressing. Your next post-op visit will be five to seven days after surgery.

All sutures are absorbable and do not require removal.

When to call

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects from your medications, such as rash, nausea, headache or vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incision that is difficult to control with light pressure.

If you have any problems or concerns related to your surgery that we haven't discussed or that have not been covered in these instructions, please call or email our office at your convenience. We are always here to help.

Acknowledgement

I have received the above instructions; I understand them and agree to follow them.
