

Instructions for Gynecomastia

PRE-OPERATIVE INSTRUCTIONS

- Aspirin- Do not take Aspirin or Aspirin containing compounds for two weeks before surgery. Aspirin may cause increased bleeding and bruising. You may take Tylenol.
- Smoking - No smoking for 3 months before and 3 weeks after surgery. Smoking will result in poor wound healing.
- Medications - Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc...) please be sure to discuss with the doctor what should be taken the day of surgery.
- Illness - If you develop any symptoms of a cold, cough, or infection, call our office for advice.
- Fasting - Do not eat or drink anything after midnight the day before surgery.

DAY OF SURGERY

- Shower and shampoo the morning of surgery and report to the surgery center at the designated time. The facility will call you with your arrival time.
- Do not take jewelry or valuables to the surgery center. Remove all piercings before arrival.
- Wear loose comfortable clothing.
- Someone must drive you home from the surgery center. Also a responsible adult needs to stay with you the first night home.

POST OPERATIVE INSTRUCTIONS

1. Rest at home for the first 24 hours.
2. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take on an empty stomach as it may cause nausea.
3. Showering and shampooing is allowed as soon as you are home. You may get the plastic dressings wet. Remove the ace bandages to shower if these are around your chest. Pat plastic dressings dry and reapply the ace bandages. You may have drainage tubes and the nurses will instruct you how to care for these. Please keep a record of the drainage until the drains are removed. You may shower with the drains in place. We will remove the drains at one of your follow-up visits in the office
4. The dressings will be removed in a few days. After the dressings are off shower daily over the incision lines. Keep the white tape over the incisions until it falls off. You may see some swelling and bruising of the chest area. The sutures will dissolve on their own. You should wear the ace bandages or Under Armor type shirts for a few weeks to a few months to help reduce swelling.
5. Do not apply lotion or oils to the incision lines. You will be given scar instructions 2-3 weeks after surgery.

6. Avoid strenuous exercise such as jogging, running, or weight lifting for 3-4 weeks after surgery. You may drive when you feel in control of the vehicle. You can resume sexual activity when you feel it is appropriate.
7. You may experience some bloody drainage from the incision lines. Use gauze pads as needed to avoid soiling your clothing. Sterile dressings are not necessary.
8. Despite the greatest care, any wound can become infected. If your breast becomes more swollen, red, starts to drain profusely, or becomes increasingly more painful contact our office for advice.
9. Numbness of the breast or nipple is sometimes evident for a variable amount of time.
10. Your skin will be more sensitive to sun exposure for several months following surgery. Use of tanning beds directly on breast skin should be avoided. Use an SPF of 15 or higher when the areas are exposed to sun.
11. Return to work will be discussed with the doctor.

THINGS TO REPORT TO OUR OFFICE

1. Severe pain unrelieved by medication.
2. Temperature or 100 degrees or greater.
3. More swelling and/or pain on one side than the other.
4. Nausea or vomiting.
5. Marked discoloration of the nipple area.

Should any of these conditions exist, or should you have concerns about your surgery, you can reach the office at 717-728-1700 or Dr. Stratis on his cell number 717-574-2116.