



GYNECOMASTIA (small scar) Pre-Operative Instructions

Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin Ibuprofen, NSAIDS, Plavix, Aspirin), These will need to be discontinued prior to surgery per Dr. Robbin's instructions

- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, motrin, aleve, advil, aspirin)
 - Homeopathic medications
 - Vitamin E, fish oil, multi-vitamins
- Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens (can be purchased at walgreens or cvs) starting 3 days prior to surgery
- **DO NOT EAT OR DRINK 8 HOURS PRIOR TO ARRIVAL ON SURGERY DAY**
- If you are a smoker- Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time
- **DO NOT** wear jewelry, dentures, hearing aids, or contact lenses the day of surgery
- Wear comfortable, loose fitting clothing that buttons in the front
- You will need to arrive 2 hours prior to your surgery time (unless otherwise instructed)

DRESSINGS/SHOWERING/SUTURES

Remove All Dressings and Shower on Post-op Day 3 after your first post op visit (Day 1 is the day after surgery). Clean ALL areas with soap and water and dry well. NO tub baths!

- **Steri-strips, white tape or Dermabond** ("skin glue") will be applied to your incision(s). This will dry up and peel or fall off. Sutures are under the skin and will absorb over time.
- **A Compression Garment** must be worn over the surgical site for **3 weeks** day and night, except when showering, plus an additional **3 weeks**, taking it off only at night for sleep

**You will throw away the ace wrap and wear a Tight Fitting Athletic Shirt or Compression Vest after your first shower

MEDICATIONS AFTER SURGERY

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (*Phenergan/promethazine or Zofran/ondansetron*) and **antibiotic**(Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) medication. Goal is to stay ahead of the pain so you can rest comfortably and eat/drink without nausea or constipation.

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it

- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**

SLEEP/ACTIVITY

Sleep with your **head/shoulders elevated on pillows** or in a **recliner chair** to increase comfort,
Walk at least **4 times a day** around the house Walking is NOT a strenuous activity!

Avoid Lifting over 8 pounds (the weight of a full milk jug). Do NOT pick up children, pets or heavy purses until **3 weeks post-op** or cleared by Dr. Robbins

Avoid Strenuous/Vigorous Activity for **3 weeks** post-op or until cleared. Most patients are cleared for full physical activity (jogging, cycling, and weight lifting) at this time

DRAINS

Your surgery requires the placement of a drain(s), you'll be instructed on how to empty them, strip the tubing and record the volume of drainage

- Drain(s) are **sutured to the skin** where the drain exits the body and are usually **in place for an average OF 1 WEEK**
- The Jackson-Pratt Drain **works by suction** and must be kept tightly closed except during emptying
- **Strip the Tubing, Empty and Record** the amount of drainage at least **twice a day** noting the date, time of day, drain number, and amount of drainage
- **Maintain an accurate daily drain log** and bring with you to your appointment
- When dressings are removed at the first shower, **remove any small “donut” dressings** at the site where the tubing exits the body
- Use a **fanny pack or neck lanyard to hold the drains** in place while in the shower or moving about. NEVER let the drains hang unattended!
- **Apply triple antibiotic, Vaseline or aquaphor ointment** around the drain and drain opening **two times a day** at each site while drains are in place

WHEN TO CALL OFFICE

- If you have severe or increased pain not relieved by medication
- If you are having side-effects to medications, such as rash, nausea, headache, or vomiting
- If you have a temperature > 101.5 degrees
- If you have drainage from the incision that has a foul odor
- If you have bleeding from the incisions that does not stop with pressure
- Excessive warmth or redness that is spreading from the incision site