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## What is Gynecomastia?

Gynecomastia is enlargement of the gland tissue of the male breast. During infancy, puberty and in to middle-aged to older men, Gynecomastia is common. Gynecomastia is defined clinically by the presence of a rubbery or firm mass extending concentrically from the nipples. The condition known as pseudogynecomastia, or lipomastia, is characterized by fat deposition without glandular proliferation. Although gynecomastia is usually bilateral, it can be unilateral.

## POSTOPERATIVE

### CHEST COMPRESSION

1. You will have an ace wrap or elastic band in place after surgery.
2. Wear the ace wrap at all times (except for shower).

### DRAIN INSTRUCTIONS (IF NEEDED)

#### How to empty the Jackson Pratt drain:

1. Wash your hands and unpin the drain from your clothes.
2. Hold the drain with the stopper at the top.
3. Remove the stopper from the pouring spout and let the drain fill with air.
4. When the drain is fully expanded, read the amount of fluid in the drain by using the lines on the side of the drain.  
**Note:** Each line has a number next to it, 25, 50, 75 100 ml. This is the amount you will record on the drainage chart. If you cannot see the number, count the number of lines and record it on the chart as line 1, line 2, line 3 and so on.
5. Pour all of the liquid out into a paper cup.  
**Note:** To prevent infection DO NOT let the spout or the top of the open drain touch anything.
6. Now, use one hand to squeeze the sides of the bulb together. This will push all of the air out of the bulb. While keeping the bulb squeezed, use your other hand to put the stopper back into the spout.  
**Note:** Keeping the bulb squeezed together helps to remove drainage from under the skin.
7. Pin the drain back onto your clothes. This will help prevent the drain from being pulled out by mistake.
8. Write down the date, time and amount of drainage and bring this record to your first doctor's visit.
9. Discard the fluid into the toilet.
10. Wash your hands.

# A Guide As You Prepare For Gynecomastia Surgery



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## Preoperative Instructions

No aspirin or aspirin containing drugs two weeks prior to surgery. Tylenol may be used as a substitute.

Notify us if you are taking a blood thinner or Vitamin E above 400 units a day.

Notify the doctor if you or any family members have had any blood coagulation problems such as bruising easily or prolonged bleeding with dental procedures.

Complete all preoperative testing lab work three weeks prior to surgery.

Purchase a firm underarmour tee shirt that you will wear postoperatively.

Shower and wash well the night before and the morning of your surgery. Do not apply deodorant, cream or powder to your body the day of your surgery.

No jewelry, contacts, on the day of your procedure. Wear comfortable clothing that buttons or zips up the front.

Quit smoking. Smoking delays wound healing. No alcohol 24 hours prior to surgery. No food or liquid after midnight before surgery. These precautions are necessary for anesthesia.

Call the office to report any illness or cold symptoms within one week of surgery.

Please fill prescriptions prior to surgery.

Antibiotics will be prescribed. Please alert the physician of any allergies to medications.

Antibiotics should be started the day before surgery.

Pain medication is for after surgery and will help with discomfort.

You may consider Zofran ODT to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you will have difficulty sleeping, Tylenol PM may be used.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

You may want to begin taking yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system.

It is best to practice getting in and out of bed without placing a great deal of pressure, or pulling on your arms. It is not abnormal for your arms to be sore after surgery.

Comfortable, loose fitting pajamas and clothing that button in the front, rather than pull-over your head, are recommended following surgery.

Shave under your arms prior to surgery.

## What should I expect the day of surgery?

The surgery will be performed under general anesthesia. All patients require someone to drive them home after surgery.

It is best for you to rest and take it easy the first night.

You will have an IV in place to ensure that you are receiving adequate fluids until you go home. It is also encouraged that you drink fluids throughout your recovery. Chest drains will be in place.

Only a light meal is suggested after surgery to avoid stomach upset.

Swelling and bruising are normal reactions to the healing process. Arnica may be purchased in advance to decrease bruising.

At the hospital, be certain to alert your nurse of pain so that the prescribed pain medication can be administered.

Patient may experience constipation, which may be relieved by Magnesium Citrate which can be purchased over-the-counter in the pharmacy. Patient may also use Metamucil Wafers.

## Postoperative Instructions

For the first 24 hours, we encourage you to drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks. You will have IV fluids while in the hospital. We encourage you to start with fluids and progress to solid foods.

Take pain medications as ordered every four to six hours. We suggest you to eat first to avoid stomach upset. Avoid all alcohol while taking medications.

Chest drains (**if needed**) will be in place for 5-10 days depending on your drainage. You need to keep a record of their output. Please notify us if drains are not functioning properly. You will be instructed on the technique of “milking the tubes” to promote proper drainage. We ask you to do this three times a day. You may clean drainage areas with peroxide. (Instruction on how to empty and measure drains are on the back of brochure).

You may shower after 24 hours or when you feel up to it. You may apply antibiotic ointment. Steristrips will be covering your incisions. Leave steri-strips on. You can pat area dry or use **cool** hair dryer to dry them. These should be allowed to fall off naturally.

At home you may apply ice to operative area for 20 minutes out of the hour as needed. Apply gauze pads on the inside of your ace wrap. Initially ace wrap are worn under the underarmour tee shirt to absorb drainage.

Avoid strenuous activity including lifting, pushing, pulling or exercise for four weeks. Casual walking is acceptable. Rest in a semi-sitting position with head elevated on two pillows. A recliner is ideal.

Driving is permitted once you are no longer taking pain medication.

No swimming or hot tub for at least 6 weeks.

Tanning beds are not recommended ever.

Notify us of fever 101 degrees or greater, chills, severe nausea and vomiting, excessive bleeding or drainage.