

**Amelia Pare MD Plastic Surgeon 123 Hidden Valley Road McMurray, PA 15317  
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## **Gynecomastia**

### **Preparation before surgery**

Do not sunburn within 2 weeks prior to surgery.

Do not plan any long trips for at least 4-6 weeks after surgery and minimize lifting while on those trips. No golfing or swimming for 4-6 weeks.

Avoid aspirin products for 20 days prior to surgery. Inform the doctor if you are taking blood thinners or Vitamin E above 400 units per day.

Complete all blood work (CBC) within 30 days of surgery.

If you are over 50 years old please have the EKG done as soon as possible in the event that you may require preoperative clearance. An EKG is valid for 6 months.

Arnica may decrease bruising and may be purchased at Sunny Bridge Natural Foods stores in McMurray. You will only use the capsules; do not buy the gels or creams. Take as directed.

Fill your prescriptions in advance and take antibiotics the night before surgery.

Purchase several 6-inch ACE wraps to use after surgery. You may also use a tight-fitting spandex shirt for compression.

Quit smoking- it delays healing.

**Tristate Surgery Center** at 80 Landings Dr, Suite 101, Washington, PA 15301 will contact you via text or email to allow you to register in advance via a link

### **What to expect the day of surgery**

Bring your license and insurance cards for registration.

Someone will have to drive you home and stay with you for the first 24 hours. Wear loose, comfortable clothing.

## Postoperative instructions

1. When appropriate, elevate the surgical site during the first 1-2 days. This will decrease swelling and throbbing. Applying ice to the area for 20 minutes on and 20 minutes off may also help.
2. Keep the wound clean. You may shower, but do not submerge the wound in water. Leave steri-strips intact, but remove dressing prior to your shower. You may replace it after the area is dried.
3. Avoid any trauma or injury to the wound, and limit any activity that will stress and/or strain the incision. **Do not lift more than 8 pounds.**
4. If you care for family or pets, make arrangements to have assistance for 7-10 days.
5. Do not smoke, and avoid alcohol while on medication. Driving is permitted once you are no longer taking pain medications.
6. Please take all of your antibiotics until completed. Pain medication may cause constipation, which can be alleviated by Magnesium Citrate purchased over the counter at a pharmacy.
7. RETURN TO THE OFFICE FOR YOUR FOLLOW UP APPOINTMENT AS SCHEDULED at 1 week postoperatively.
8. Wear your ACE wrap all the time with dressings underneath. Remove dressings for showering and replace dressings and ACE wrap.
9. Please report any excessive pain, temperature over 100 degrees, chills, excessive bleeding, or infection at the wound site.
10. Drink at least 8 oz. of water every 4 hours, and avoid caffeinated or carbonated beverages.
11. You may engage in active walking immediately, just no high-impact activities. Eat 60 gm of protein and take a multivitamin daily.