

The Paragon Plastic Surgery & Med Spa

****MUST GET YOUR LABS DRAWN WITHIN 24 HOURS OF PRE-OP APPOINTMENT****

GYNECOMASTIA

PROCEDURE AND POST CARE INSTRUCTIONS

ITEMS NEEDED:

- Prescription medicines
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (8am — 5pm M-Th/ 8am-4pm Friday)

EMERGENCIES OR AFTER HOURS: 817-473-2120 then press 6 (24-hour answering service)

THE PROCEDURE:

A. Goals for surgery: The goal of cosmetic gynecomastia surgery is to improve the size, shape and appearance of men's breasts. This goal is accomplished by assessing your total body size and shape in addition to your existing breast tissue. The incisions used to achieve an optimum result depend upon the type of breast surgery being performed. Every effort is made to reduce the size of scars and to make them as inconspicuous as possible.

B. Anesthesia: Gynecomastia surgery is usually carried out under general anesthesia. Although minor revisions can be carried out under light sedation.

CARE FOLLOWING THE PROCEDURE:

Garment: Wear tight compression garment for 3 months.

Exercise: You may start light bouncing activities like treadmill and jump rope or trampoline at 2 weeks.

Bleeding: If sudden, profuse bleeding occurs, please contact our office immediately. Remain calm, as excitement and panic raises your blood pressure and worsens bleeding.

Bruising: Bruising may occur in the surgical area following the procedure. If bruising develops, it should be gone in 3 to 6 weeks.

Coughing: Try to suppress any forceful coughing for at least 7 to 10 days, as this causes stress upon your chest wall and rib cage; however, taking deep breaths hourly will help prevent a lung infection such as pneumonia caused from shallow breathing.

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Drains: Drains may be placed during surgery depending on the extensiveness of the procedure and body type and are usually placed for gynecomastia procedures. Drains relieve excess fluid that may accumulate following surgery and aids healing. If you have drains, they will be removed within 24 to 48 hours after surgery after the fluid begins to turn a clear straw color (blister color) and/or the amount of drainage decreases

Drain care: Secure the bulb of the drain to your clothing with a safety pin. When 50% or more of the bulb is full, empty the bulb by opening the plug at the top and pouring out the contents into the toilet. Squeeze the bulb to remove the excess air then replug the opening to create a suction vacuum. Contact us if the bulb rapidly refills or if you need to empty it more than three times a day. Keep a record of the amount of drainage for each side separately.

Driving: DO NOT drive within 24 hours after taking any pain medication. DO NOT drive while taking narcotic pain medication—with hydromorphone (Lortab).

Fever: You may run a slight fever the first few days following surgery, as this is a normal process of the inflammatory response. A condition called atelectasis may also occur, whereby the small air sacs in your lungs are not fully inflated and may cause a slight fever. Please take deep breaths, holding them as long as possible and then letting them out through pursed lips. Do this 10-20 times a day for the first week. These breaths allow additional airflow into collapsed air sacs to reopen. You may also increase your fluid intake and take Tylenol, but DO NOT exceed the maximum recommended dose of Tylenol per day. Please notify us of any fever above 100 degrees that Tylenol fails to control.

Numbness, Firmness, & Tenderness: Areas of numbness, firmness and tenderness around your incisions and under your skin are common. Normal feeling should return several weeks to months after surgery.

Physical Activities: Minimize the use of your arms for by using your legs and stomach muscles to get up from a chair or bed. Sleeping in a recliner aids in your ability to get up without using your arms. Avoid lifting, bending, straining, or aerobic exercise for at least 4 weeks following surgery. Unless instructed otherwise, wear a good support **garment** when exercising. Avoid contact sports for 3 to 4 months. You may resume stretching, aerobic, and physical activities in approximately 4 weeks unless restricted otherwise, depending upon your condition.

Showering: Do not shower until the drains have been removed. Avoid baths, hot tubs, and swimming pools for 4-6 weeks after surgery.

Smoking: DO NOT smoke and avoid secondhand smoke!!

Stitches: To ease discomfort, the majority of stitches are surgically buried under your skin, however, some stitches may remain and will be removed from your incisions about 5 to 7 days after surgery. At this time you may be instructed on wearing tape to help decrease scarring. Staples will not be placed.

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Sun: Avoid the sun, which may darken maturing scars. Protect incisions by using sunscreen with an SPF of 15 or by covering them with clothing or tape. Also, avoid tanning beds unless you protect your breast incisions.

Swelling: If sudden pain swelling occurs that is dark purple, this may represent an expanding hematoma. Please contact our office immediately. Swelling around your incisions should be minimal and will peak by 72 hours. As a general rule, 80% of your swelling is gone in 2 to 6 weeks and the remainder should be gone in 3 to 12 months. To minimize swelling, you can rest and sleep in a reclined position with your head elevated 45 - 60 degrees for at least 2 weeks after surgery. Avoidance of salt in your diet will also help to prevent excess swelling.

Since healing occurs at different intervals, expect your best result to be achieved at 6 to 18 months following your surgery. The best outcome will be achieved by following instructions and taking good care of yourself.

THE FOLLOWING INFORMATION IS ONLY FOR THOSE PATIENTS RECEIVING GYNECOMASTIA.

GYNECOMSTIA POST-OPERATIVE INSTRUCTIONS

1. You will need to see Dr. Bishara following your surgery depending upon your condition. These appointments will be made for you during your preoperative evaluation.
2. Please do not get your bandages / sutures wet for the first 24 hours. During this time, you may sponge bathe and/or have someone shampoo your hair for the first 24 hours following surgery. You must wear your post operative garment 24 hours a day for the first 2-3 weeks.
3. Wound care: Your surgeon has may have either covered your incisions with Steri Strips or Dermabond (sterile glue) to keep the skin incision water tight so wound care is not necessary. Do not apply hydrogen peroxide or polysporin ointment to the incision.
4. Avoid heavy lifting of children, objects, or pets OR avoid excessively raising your arms above your head for two weeks post operative.
5. Avoid rigorous exercise or athletic activity for 4 weeks post operative. After that time, you may resume stretching and aerobic exercises, but please start out slow and don't overwork yourself.
6. Driving is not advised while you take narcotic pain medications.

Vitamins: You may begin taking Vitamin C and Zinc soon after your procedure.

Patient Signature: _____ Date: _____