

What to Expect Following Gynecomastia Excision

Before Your Surgery

- 1 week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc as these can increase your risk of bleeding during and after surgery.
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox, or Fragmin.
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery.
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water.

Hospital Stay

- If you remain in the hospital following surgery you will likely be discharged the following morning.
- Post-operatively you may have drains; these will likely be removed prior to discharge.
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication.

Activity following surgery

- No heavy lifting (greater than 10 pounds) or raising your arms above your head until your surgeon has cleared you.
- You may not drive until you are comfortable wearing a seatbelt and have been cleared to do so.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.
- In order to prevent blood clots it is important to walk around as much as possible following your surgery.

Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol only.
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, etc for a minimum of two weeks after surgery. These medications can increase your risk of bleeding.
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter stool softeners.