



GENERAL INFORMATION & POST OPERATIVE INSTRUCTIONS:

GYNECOMASTIA/MALE BREAST REDUCTION

These instructions were carefully written with you in mind. Take the time to read them thoroughly several times. *If a question does arise, first refer back to these pages.* If you are still uncertain, please call our office at: **(501)227-8811.**

BEFORE YOU SURGERY

1. *Preparation:* Be sure to have all medication and supplies purchased prior to surgery. These include antibiotics, pain medications, and anti-nausea medications.
2. *Testing:* Laboratory testing is required 1-2 weeks before surgery.
3. *Medications:* Begin taking your antibiotic the night prior to surgery. **DO NOT** take your antibiotic the morning of surgery.
4. *Anesthesia:* **DO NOT EAT OR DRINK AFTER MIDNIGHT** the evening before your surgery. *This includes candy and gum.*
5. *Hygiene:* Bath or shower the evening before or the morning of surgery. Do not use any creams or lotions on the intended surgical site the morning of surgery. Remove all jewelry.
6. *Clothing:* Please wear comfortable loose clothing. A shirt with a front closure will be easiest to get on.

AFTER YOUR SURGERY

1. Restart your antibiotic medication the night of your surgery. Please do not take your medication on an empty stomach as this can cause dizziness and nausea. Take the antibiotic as prescribed until ALL GONE. In addition to this, be aware that all pain medication can cause constipation. The use of over the counter Miralax is recommended.
2. Sleep in a semi-sitting position for 48 hours following surgery. Propped up on pillows or sleeping in a recliner are both acceptable.
3. You may drive when you are no longer taking pain medications and feel comfortable enough to do so.
4. Avoid the use of ASPIRIN products for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
5. **DRAINS:** Drains may be placed during surgery. These drains relieve the fluid that accumulated after surgery and aids healing. Your drains will be removed 48-72 hours after surgery, when the fluid begins to turn a clear straw color and/or the amount of drainage decreases. **DO NOT SHOWER/BATH WHEN THE DRAINS ARE IN PLACE.** You may shower as soon as the drains are removed.

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6. Please wear the post-op garment at all times after the surgery. Dr. Devlin will instruct you when you will no longer have to wear it. Typically the garment will be worn for two weeks.
7. If you have steri-strips, please leave these on until they are dangling by a thread.
8. Please do not apply any creams or lotions to incision until cleared by Dr. Devlin.
9. Avoid sun exposure (this includes tanning beds). If fresh scars are exposed to the sun, they will tend to become darker and take longer to heal.
10. Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month post-op or until you are completely healed.

IF YOU SHOULD DEVELOP SIGNIFICANT PAIN ON ONE SIDE WITH SIGNIFICANT SWELLING, NOTIFY OUR OFFICE IMMEDIATELY. This significant swelling and pain could indicate bleeding. This is not an emergency, but may require some surgical treatment if it is of significant size.

PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS AT (501) 227-8811. IF IT IS AFTER HOURS OR ON A WEEKEND, PLEASE LEAVE A MESSAGE AND DR. DEVLIN WILL RETURN YOUR CALL.