

General: You can expect to need 1 week off from work.

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, Aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. Patients must be non-smokers. If you are a smoker you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
3. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store.
4. You must have someone drive you to and from your surgery. You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
5. Dr. Wilson will prescribe you your pain medication the day of the procedure.
6. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of water. Shower the morning of surgery and do not apply body lotion or moisturizer the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front.

Post Operative: First 48 Hours

1. The day of the procedure you may have two drains. These drains assist with preventing any fluid collections. Make sure that you strip and empty your drain approximately every 4 hours. Record all output measurements. The drains will be removed when they are less than 30 cc a day for 2 days in a row.
2. You will take prescribed antibiotics as long as the drains are in place.

3. Notify Dr. Wilson if you have any increased bruising or asymmetrical swelling. Notify the office if you are feeling dizzy. Notify the office if you have a temperature greater than 101.0.
4. Ensure that you drink plenty of water or Gatorade your first night. If you have the appetite you should eat. Do not take medications on an empty stomach. Always take medications with food.
5. You will be placed in a special garment. Make sure you leave this garment in place for the first 48 hours. At that time you can remove the garment and dressings and shower. Replace the garment. You may want to place pads, such as menstrual pads, on the incisions to absorb any drainage. This is normal.
6. Ensure you have a comfortable, clean place to rest free of pet hair.
7. Take pain medications as prescribed. Only take the medications as needed. Do not take ibuprofen, aspirin or Aleve. Take valium if it is prescribed for you. This assists with pain control. If taking narcotic pain medications do not take valium at the same time.
8. Do not use ice unless specifically instructed by Dr. Wilson or his staff.

Post Operative: 2 days to 2 weeks

1. Your drains will be removed when they reach less than 30 cc (ml) a day for two days in a row. This is usually about one week. Some gynecomastia procedures will not have drains.
2. You can drive as long as you are not on narcotic pain medications or valium.
3. Resume a regular complete diet.
4. Refrain from exercise for two weeks at which point you can start light activities. No heavy exercise for six weeks. No swimming for 4 weeks after your procedure.
5. You can resume your Aspirin and other medications associated with bleeding risk one week after your procedure.
6. Do not hesitate to call the office with any questions. After your drain removal make sure to call the office if you notice any fluid buildup. This is readily noticeable. Make sure that you wear your compression immediately after drain removal. You may remove this to shower. We suggest you buy a second garment/bra to cycle while one is in the wash.

In case of an emergency please contact the office at 603-294-4526.