

CRUISE PLASTIC SURGERY

180 Newport Center Drive, Suite 150, Newport Beach, CA, Ph: 949-644-4808, Pager: 949-310-8055 Back up: 949-266-4018

PRE - & POST- OP INSTRUCTIONS

GYNECOMASTIA

TIME FOR SURGERY: 1 ½ - 2 HOURS

RECOVERY TIME: 1 - 4 WEEKS

BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking and nicotine use at least 2 weeks prior to surgery as nicotine can impair and delay healing. This includes the use of any nicotine patch or nicotine containing product.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Gingko and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
4. Let the doctor know if you develop an illness, cold, or any skin infection in the chest area within a week of surgery.
5. Make sure all requested labs and doctor's clearance are delivered to Dr. Cruise's office on time.
6. Schedule time off work - approximately 1 week. Two weeks if your job is labor intensive.
7. Make sure a responsible adult is confirmed to drive you to and from surgery and that someone is available to stay with you around the clock for 24 hours after surgery.

THINGS TO PURCHASE BEFORE SURGERY

1. **Medications.**
2. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
3. **Gatorade.** You will need to drink lots of fluid for the first 48 hours after surgery.
4. **Garment.** You will be provided with one compression garment. Additional garments may be provided at an extra cost. In addition to your garment, you will need to purchase an under armour shirt or compression vest. You may purchase one at a sports shop or online at www.gynecomastia.org. The garment should be snug fitting but not too tight as you will be swollen after surgery.
5. **Surgical tape for incisions.** Will be provided at your follow up.
6. **ABD PADS, Gauze, Chucks, Alcohol Swabs.** Will be provided at pre-operative appointment as a part of your Surgical Kit.

Optional:

1. **Arnica** - www.alpinpharm.com - may decrease bruising, or help it to go away faster. *Patients with high blood pressure should not take Arnica.
2. **ScarLess®.** ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of scars. You can purchase ScarLess® at our office.

THE DAY OF SURGERY

1. Don't eat for 8 hours and don't drink for 6 hours before surgery- general anesthesia. You may brush and rinse your teeth and take your medications with an ounce of water, but do not eat or drink anything for general anesthesia.
2. You may shower and shampoo your hair the night before or morning of your surgery.
3. No moisturizer, body lotions or armpit deodorant.
4. Do not bring any jewelry or valuables with you on the day of surgery.
5. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses and dentures before surgery.
6. Take 2 pills of Celebrex 1-2 hours before surgery (general anesthesia).
7. Someone must drive you to surgery and pick you up. Someone must stay with you the first night.
8. Pack your bag before you leave to the surgery center. This should include:
 - all paperwork
 - your identification
 - all medications
 - reading glasses
 - warm cotton socks
 - saltine crackers in case of nausea during your ride home.

AFTER SURGERY

1. Continue to limit yourself to light activities the first week after surgery. However, make sure that you don't stay in bed continuously. Make sure you walk around every once in a while to allow for blood flow.

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2. Have some Gatorade available. Make sure you drink a lot of fluid post-operatively.
3. After the first week, limit yourself to activities that are comfortable. No strenuous aerobic activity for 3 weeks after surgery.
4. The night after surgery you will want to have some protective sheets or towels on your bed. Your incisions will ooze for the first one to two days.
5. ADJUST GARMENT/ BANDAGE EVERY 2 HOURS. This may mean undoing and repositioning the elastic bandage. You should have gentle compression. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow. When you reposition your elastic bandage, make sure to have an ABD pad on the chest as a buffer in between the bandage and your chest skin. It will prevent the bandage from cutting into your skin.
6. At day 2 or 3 you will no longer ooze and may switch to placing your garment/shirt on first and then the bandage on top of it for additional compression. No ABD pads are necessary at this point.
7. You can take a cool shower the day after. Hold drains (if present) in shower and allow clean water to run over drain entrance into the body. Pat dry. Make sure someone is with you. You may be nauseated from anesthesia for up to 2 days.
8. Do not smoke for at least 2 weeks after surgery.
9. Do not use aspirin-containing products for at least one week. You may take Tylenol or pain medications as prescribed.
10. No weight loss diets for at least 3 weeks. Make sure to eat a healthy, well-balanced diet during this time.
11. Avoid direct exposure of incision to sunlight for at least 6 weeks. After 6 weeks, apply sunscreen (at least SPF 15) to the area of the incision if you will be in the sun for extended periods of time.
12. Be sure to finish your entire prescription of antibiotics.
13. At about 10 days after surgery when the sutures are removed start applying ScarLess® on the incisions 2x a day. Make sure to keep gentle compression on for about 4-5 weeks.

WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. You will probably be very sore for the first week. Bruising is normal and will subside in 2-4 weeks.
3. You may experience some numbness. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage.
4. Breast asymmetry is normal for the first 6 weeks.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following: a temperature of 101°F or higher, severe nausea and vomiting, continued dizziness or incoherent behavior, increased local redness or warmth, chest pain, shortness of breath, legs swelling or calf pain or if you feel that anything might be wrong. Please call the office during regular business hours @ 949-644-4808 or after hours call Dr. Cruise @ 949-310-8055. If either of the previous numbers fails please call our Back-up line @ 949-266-4018.

POST-OP VISITS AND CARE SUMMARY

Concern

Instructions

Blood Clot

1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour.
2. Pay specific attention to leg swelling. If you notice swelling on only one leg or calf pain contact the office.

Drain Function

1. Make sure that your drain(s) is/ are functioning.
2. Empty drain every 8 hours or when it becomes more than half full and write down amount of drainage.
3. Do not be concerned if the fluid from the body comes around drain.
4. You may need to milk the tube if it appears to be clogged.
5. Drains come out at about 2-3 days, depending on amount of drainage.

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6. Note - the drain is always uncomfortable but it is absolutely necessary to prevent fluid accumulation.
- Constipation**
1. If you are constipated at day 2 stop taking Vicodin or Darvocet.
 2. Encourage walking, drink a lot of fluids, consider laxative (Ex-lax or Correctol).
- Fever**
- Make sure to cough and breathe deep as fever is usually in lungs for the first 3 days after surgery.
- Garment Placement**
- ADJUST GARMENT/ BANDAGE EVERY 2 HOURS. This may mean undoing and repositioning the binder. You should have gentle compression. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow.
- Activity**
1. You can take a cool shower the day after. Hold drain(s) in shower and allow clean water to run over drain entrance into the body. Pat dry. Make sure you have someone helping you.
 2. Walk every hour while awake for the first day and then every 2 hours.
 3. Sleep at 45 degree angle for the first 3 nights.
 4. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do.
 5. You can exercise areas other than your chest at 2 weeks. You can work out your chest at 6 weeks.
- Wound Care**
1. Your gauze will be changed at your follow up visit.
 2. Make sure your garment is placed correctly.
 3. Keep surgical area clean and dry at all times.
 4. At 2 weeks after surgery take your steri-strips off. Apply ScarLess, allow it to dry or blow dry and then apply silicone sheet for two months. Make sure to keep gentle compression on.

DRAIN CARE INSTRUCTIONS (if present)

Drain care is required 3 times per day immediately following surgery. Follow these instructions explicitly and record drainage as required, below. **You must do this 3 times per day, and at any time the drainage bag is more than 1/3 full.** You will be required to submit the drain log to Dr. Cruise for your patient record.

1. Wash your hands well with anti-bacterial soap.
1. Open cap on the drain bulb. Pour out drainage into a clean measuring cup. Record the amount of drainage and time of day as indicated. Dispose of drainage in the toilet and flush.
2. Squeeze bulbs tight. Replace cap.

Once you have measured your fluid drainage, you must "milk" or strip the drain tubing. This is done to prevent small clots from blocking fluid flow.

4. To do this, hold the tubing securely at the skin site with one hand. With the other hand, pinch the tubing between your thumb and index finger and apply firm pressure as you strip the tubing towards the bulb.
4. If the tubing and bulb come apart, wipe the ends with alcohol and reconnect. Squeeze the bulb again and replace cap.

Cleansing the Drain Site

Once per day or as instructed, change gauze around drain sites. Change the gauze more often if it becomes saturated.

Check the skin around the drains for leakage or redness (a slight redness immediately around the tube is not unusual). If there is leakage, begin milking the tubes downward towards the bulb and continue milking every hour until leakage slows

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down. Apply Vaseline or Thermazine (Silvadene) around the drain insertion site. Attach the drainage bag to your clothes so that there is no tension on the insertion site.

Additional Instructions

- Always secure the drain to your clothing so that there is no tension on the drain at the incision site.
- Do not cut the drains.
- Keep tubes connected to the bulbs.
- Check that the bulb is always deflated (or flat).

Patient Signature

Date

Representative of Cruise Plastic Surgery