

Pearce Plastic Surgery

Gynecomastia Pre-Op Instructions

2 weeks prior to Surgery

- Avoid drinking alcohol as this will increase your risk of bleeding during and after the surgery.
- If you are a smoker you will need to stop smoking two weeks prior to surgery and will need to refrain from smoking anything for 6 weeks after surgery so your wounds will heal well.

1 week prior to surgery

- Avoid Aspirin and ibuprofen. If you need something for a headache or pain use Tylenol.
- Begin to prepare your house for recovery. Take care of any errands or projects that will hinder your recovery post op.
- Stock up on groceries if you don't plan to leave the house.

The Day of Surgery

- Breakfast:
 - *Office Surgery:* you may have a small breakfast the morning of surgery and drink plenty of fluids. Do not eat anything further for 1.5 hours prior to your surgery time.
 - Operating Room Surgery: Do not eat or drink anything after midnight the night before surgery. You will not be permitted to eat anything until after your surgery since you will be having general anesthesia in the operating room.
- Shower: Shower as normal the night before or morning of your surgery.
- Lotions: Do not apply any lotions, moisturizers or deodorant on your body.
- Jewelry: Do not bring jewelry or valuables with you on the day of surgery.
- Clothing: Wear comfortable, loose-fitting clothing. Wear a button up shirt or hoodie with a zipper. Wear comfortable shoes, and warm socks. Your shoes should be easy on and off.
- Contact lenses and other items: Remove contact lenses, dentures and nipple rings.

- Transportation: Someone must drive you home after the procedure. You will not be permitted to drive yourself home after the procedure
- Arrival: An arrival time will be given to you 1 week prior to your surgery. Please plan ahead for traffic or other things that will prevent you from arriving on time.

If you have any questions or need clarification please contact us at the office at 512-764-9076.