GYNECOMASTIA SURGERY

PRE-OP

	2	Weeks before	1 Week before	Few Days before	1 Day before	Day of Surgery							
R	Medications Take this, not that.		se supplements car	n increase your risk of bleed	n E, garlic, ginseng, or Ginkg ling and bruising after surgery								
				baby aspirin (81 mg) if you e it for any other reason, th		your You can take necessary							
	Diet		Stop drinkin		post-op meds.	meds with sips of water.							
	Eat this, not that.	Drink plenty of wat	er. You're well-hyd	d fiber , and low in carbohyd rated when your urine is pa ed 75-100 oz. of water per o	le yellow or clear.								
	Dressings, Garments & Bathing	Order your post-op Dr. Molina can help • Bring it with you	you with sizing.		Do not eat or dri night before sur	nk anything after midnight the gery.							
	Activity Level Lowering your risk.	Avoid sitting for pre-The risk of development	 Stay active. Your heart and lungs will perform better during surgery. Avoid sitting for prolonged periods. The risk of developing a blood clot after short procedures like gynecomastia surgery is relatively low. Nevertheless, if you're planning to take a long flight or road trip shortly <u>before or after</u> your surgery date, please let us know. 										
	Tasks Getting ready.	 Prepare yourself and your home for recovery. You'll need to sleep on your back for 2 weeks after surgery, which may mean getting more pillows, a recliner, etc. Arrange transport. A responsible adult must accompany you home after surgery. Arrange home care. You may need some assistance for 1-2 days after surgery. Plan for time off from work. Depending on your job duties, this could be a few days or a few weeks. 											
1 A A A A A A A A A A A A A A A A A A A	Coordination Who, what, where, when.			 When and Who is pic Where you 	l call you to confirm importan where to go for your procedur king you up afterwards ı're staying post-op ach Dr. Molina								

GYNECOMASTIA SURGERY

POST-OP

		-	-	Days after	2 Weel after			/eeks fter	
Kash	Coordination Who, what, where, when.	rest for 1-2 hours,	Dr. Molina will visit you if you're local, or call you to check in.	Follow-Up Visit #1	Follow	v-Up Visit #2		Follow-Up Visit #3	
		then you'll go home.	You'll have Dr. Molina	a's cell phone numbe	er for routir	e questions or fo	r after-hours emergen	icies.	
R	Medications Take this, not that.	You'll be prescribed ib You and Dr. Molina will right for you.			aspiri	an resume n and any ements.			
	Diet Eat this, not that.	Resume your usual die like. High protein, high plenty of water.				an resume ng alcohol in ration.			
		Dressings will include skin tape, padding, and a chest binder. <i>Keep everything in place,</i> and keep it dry until your first post-op visit.		Dr. Molina will rem	Dr. Molina will remove your dressings and transition you to a scar care plan.				
	Dressings, Garments & Bathing			-	Wear your chest binder or a compression top 24/7 , except while showering.			You can stop compression entirely.	
		Please sponge bathe y only.	our arms and legs	You may shower , k yourself in water (No more water restric bath or go swimming.	tions! You can take a	
-Z	Activity Level Balancing rest & action.	dangerous blood cl	longed bed rest puts ye	ou at risk for	walks, easy biking. Please <i>avoid</i> any		arms. You can do exercise legs and cardio with or witho	No restrictions! Any exercise is OK, with or without a compression top.	
		complications, whic					No chest, no arms.		
	Healing What to expect.		Swelling and bruising improve after ~2 wee swelling or a drastic o	ks. If you notice a su	idden incre	ase in	I Swelling is about 80% healing on the inside fo		