KIRWAN
PLASTIC SURGERY

Laurence A. Kirwan, MD, FRCS, FACS
10 Mott Avenue Suite 1A \ Norwalk, CT 06850
Phone 203-838-8844 \ Fax 203-774-1177

PRE AND POST-OPERATIVE INSTRUCTIONS GYNECOMASTIA

Name: **Age/DOB:**

PRE-OPERATIVE INSTRUCTIONS

1. Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2. Do not smoke for three weeks before or after surgery.

3. Do not drink alcohol for three weeks before or after surgery.

4. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5. Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6. Please do not wear make-up, hairspray, jewelry, or contact lenses. Please remove all piercings including body piercings.

7. Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

POST-OPERATIVE INSTRUCTIONS

1. Your surgery will take approximately 2-4 hours. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2. Someone must drive you home from surgery and, for your safety, remain with you for the first 24 hours.

3. You may have drainage tubes to prevent the collection of excess fluid. These will be removed in the office after surgery. Sometimes, after the drains are removed, it may be necessary to drain small fluid collections of fluid. This will be done in the office.

4. We will instruct you on what type of surgical garment to purchase and when and how to wear it. Please bring your garment with you to your surgery.

5. Garments should be worn day and night for 2 weeks and then at least during the day for an additional two weeks.

6. You may feel numbness in the nipples and chest area. This area of numbness will narrow as the months go by.

7. Do not participate in any strenuous activity. Do not strain during a bowl movement. Do not take pain medication on an empty stomach since it may cause vomiting. All these factors will raise your blood pressure and may cause bleeding.

8. For two weeks after surgery you may lift your upper arm to shoulder height, and you should exercise your shoulders by putting you hand behind your head and then behind your back to move your shoulder through a full range of motion and avoid a stiff or frozen shoulder. Avoid reaching upwards or backwards.

9. You may resume most of your normal activities after 4 weeks. Six weeks after surgery you may resume strenuous activities such as heavy lifting, golf, tennis, swimming, running, etc. but only if you can tolerate them comfortably. Start slowly.

10. You will receive instructions for scar management at your follow up visits.

11. Sun block is recommended to prevent hyperpigmentation of the scar. A swim shirt is recommended but may not provide the necessary protection form the sun. Dr. Kirwan's staff will recommend a sun block.

12. If you have any questions, please call our office at 203-838-8844. If you have an emergency call 911 or go to the Emergency Room. The hospital will contact Dr. Kirwan directly.

13. **Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur, please contact our office immediately.**