



NORTHEAST PLASTIC SURGERY
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Gynecomastia Reduction

Pre-operative Instructions

- ▶ Your scheduled surgery date is _____.
- ▶ Your procedure will be performed at _____.
- ▶ You should call Surgical Booking at _____ one business day prior to your scheduled procedure to determine as to when to arrive to the facility.
- ▶ Labwork has been ordered for you in preparation for your surgery, which may include an EKG and/or a chest X-ray as well. Please complete all tests at least 2 weeks prior to your procedure, but no more than 4 weeks before your scheduled surgical date.
- ▶ If you smoke or use any other nicotine products (including the patch or gum), please stop at least 4 weeks prior to surgery. You should refrain from nicotine products for at least 4 weeks following your surgery as well. Smoking reduces circulation and can therefore result in wound healing impairment. It may also increase your risk of capsular contracture formation.
- ▶ Avoid the following anti-platelet agents for 7-10 days prior to your surgery, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, and for 1 week following your surgery, as they result in a higher risk of bleeding.
- ▶ If you are taking the following blood thinners or anti-platelet agents, please notify your surgeon *AND* contact the provider who is managing such medications as soon as possible to obtain instructions if and when you should stop the medication prior to surgery, and which alternative medications may be used in the interim: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xarelto, Eliquis, or Brilinta.
- ▶ Please hold the following medications 7 days prior to your scheduled surgery: semaglutide (Oxempic, Wegovy, etc.), dulaglutide (Trulicity), tirzepatide (Mounjaro), and exenatide ER (Bydureon).
- ▶ Please hold the following medications 24 hours prior to your scheduled surgery: exenatide IR (Byetta), liraglutide (Victoza, Saxenda), lixisenatide (Adlyxin), semaglutide oral daily (Rybelsus), insulin degudec-liraglutide (xultophy), insulin glargine-lixisenatide (Soliqua).

- ▶ Avoid alcohol for at least 48 hours prior to your surgery.
- ▶ You have received prescriptions for _____ as a post-operative antibiotic, and _____ for post-operative pain relief. Please plan to take Colace post-operatively to limit constipation. Please fill these prescriptions at least 1 week prior to your surgical date.
- ▶ Bring all of your prescribed and regularly used over-the-counter medications with their original bottles to the facility on the day of surgery.
- ▶ Please purchase 4"x4" gauze and 1" surgical paper tape from your pharmacy prior to your surgery, as you may need them for post-operative dressing care.
- ▶ We will assist in obtaining a gynecomastia reduction compression garment, which you will bring to the operating room on the day of your procedure. Often, patients choose to purchase a second garment for ease of cleaning and wear.
- ▶ Do not eat or drink anything starting at midnight on the night before your surgery. If discussed at your pre-operative visit, you may be able to take selected medications with a sip of water on the morning of your surgery.
- ▶ You may shower the morning of your surgery. Do not apply any moisturizers, makeup, deodorant, or perfume.
- ▶ Remove all jewelry, rings, necklaces, and piercings, prior to your operating room visit. Leave all non-essential valuables at home.
- ▶ Avoid wearing contact lenses to your operating room visit.
- ▶ Wear a large, front closure shirt to the hospital on the day of your surgery.
- ▶ Please arrange for appropriate transportation in advance of your surgery, as you are required to have a family member or friend bring you to and from the facility, before and after your surgery, as you will be unable to safely transport yourself home post-operatively.