



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 taking the following blood thinners or anti-platelet agents, please notify your surgeon **AND** contact the provider 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.
- ▶ Jardiance should be held for at least 3 days prior to periods of fasting as it can cause ketoacidosis.
- ▶ For **non-Backus Hospital** locations: please hold the following medications 7 days prior to your scheduled surgery: semaglutide (Ozempic, Wegovy, etc.), dulaglutide (Trulicity), tirzepatide (Mounjaro, Zepbound), and exenatide ER (Bydureon).
- ▶ For **non-Backus Hospital** locations: please hold the following 3 days prior to your scheduled surgery: exenatide IR (Byetta), liraglutide (Victoza, Saxenda), lixisenatide (Adlyxin), semaglutide oral daily (Rybelsus), insulin degludec-liraglutide (Xultophy), insulin glargine-lixisenatide (Soliqua).

- ▶ For **Backus Hospital only**: you may take your GLP-1 agonist medication (i.e. Ozempic, Wegovy, Trulicity, Mounjaro, Zepbound, Bydureon, Victoza, Saxenda, Adlyxin, Rybelsus, Xultophy, Soliqua), even if the regular dose is due on the day of surgery. However, you must follow a clear liquid diet 24 hours in advance of surgery, while taking no food or drink by mouth 4 hours prior to arrival to the hospital on the day of surgery.
- ▶ **Phentermine** (anorectic drug; oral pill taken daily): this medication causes delayed gastric emptying and can cause arrhythmias with anesthesia. You must be on a tapered dose for 1 week, then off for 1 complete week preceding surgery. Adhere to the recommendations of the prescribing physician. **Naltrexone** (medication with weight loss side effects): if on this medication for weight loss, discontinue for 2 full weeks prior to surgery. If on this medication for substance abuse, when it should be held prior to surgery is at the discretion of the prescribing physician.
- ▶ 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. Postoperative pain management includes other modalities that are non-narcotic based to minimize reliance on such medications. 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-op visit, you may be able to take selected medications with a sip of water on the morning of your surgery. However, if you are on a **GLP-1 agonist** and your surgery is specifically at **Backus Hospital**, please refer to the **custom instructions at the top of this page**.
- ▶ 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.