

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

<b>Surgery Scheduling Assistant for Dr. Tenenbaum</b>	<b>Carol – 314-996-3040</b>
<b>Surgery Scheduling Assistant for Dr. Myckatyn</b>	<b>Michelle - 314-996-3028</b>
<b>Cosmetic Patient Concierge</b>	<b>Kristi – 314-996-8133</b>
<b>West County Plastic Surgeons Nursing Line</b>	<b>314-996-3201</b>
<b>General Questions and Office Appointments</b>	<b>Front Desk – 314-996-8800 Option 2</b>

Surgery DAY/TIME: \_\_\_\_\_ PLACE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website ([www.westcountyplasticsurgeons.wustl.edu](http://www.westcountyplasticsurgeons.wustl.edu)) has detailed descriptions of most procedure

## **GYNECOMASTIA**

### **SIX WEEKS BEFORE SURGERY**

1. **Smoking affects healing.** Please **stop smoking or ANY nicotine products** for **as long as possible before and after surgery**. If needed, we can prescribe Chantix to help you quit. Our office may perform a **urine nicotine test** at any time before your surgery to confirm that you have quit smoking.
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

## TWO WEEKS BEFORE SURGERY

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed “**Medication and Supplement Alert List**” and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, urinary tract infection, fever or any other illness prior to surgery, please notify us.
3. If you are having surgery in our office or as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery.

## TWO EVENINGS BEFORE SURGERY

1. Take Colace and Arnica.

## EVENING BEFORE SURGERY

1. Drink 24 oz of a clear carbohydrate beverage (Gatorade/power aid) or water
2. Eat a late dinner of your choosing
3. Have some jello and/or soup available for after surgery.
4. Get a good night’s rest.
5. Do not smoke.
6. Take Colace, Arnica, Zofran, Gabapentin and Celebrex.

## DAY OF SURGERY

**Be at the Hospital at:** \_\_\_\_\_

1. Drink 12 oz of water 4 HOURS before scheduled surgery time- *Do not drink milk, juice with pulp, cream, or sugar the morning of surgery*
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.
4. When in the hospital, you will be given the following oral medicines (we will give these to you at the hospital – there is no need to obtain or take these beforehand). These are: Tylenol, Gabapentin and Celecoxib.
5. DO NOT SMOKE

# AFTER SURGERY

1. **Supervision-** After surgery, it is important for you to have someone available to check on you or stay with you for the first 24-48 hours, as you may feel sore or weak.
2. **Diet-** A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
3. **Pain-** Most people experience muscle soreness as opposed to sharp pains for about 4-5 days after surgery. The pain medication we have prescribed should relieve your discomfort. You may take it every 4 hours as needed. It is best to take pain medication with crackers, jello, etc. Alcohol and pain medication should not be taken together.
4. **Activity-** It is important to refrain from any strenuous activities for at least 1 week after liposuction. If your gynecomastia surgery also involved our making a skin incision and cutting away male breast tissue and fat, then refrain from strenuous activities for 2 to 3 weeks. Gradually work back up to pre-surgical activities after 1 to 2 weeks if the gynecomastia surgery was performed with liposuction alone, and 3 to 4 weeks if skin and male breast tissue was removed with techniques other than liposuction alone.
5. **Compression girdle-** The girdle must be worn AT ALL TIMES except showering for THREE WEEKS and then as much as possible including at night for another THREE WEEKS for a TOTAL OF SIX WEEKS. As an alternative to a compression girdle, you may also choose to wear compressive athletic wear or spanx. This is fine as well.
6. **Showering-** You may remove the girdle to take a shower. You can put the girdle in the washer and dryer while you are showering and then put it back on immediately.
7. **Swelling and bruising** are a normal expectation following surgery. Bruising can be apparent for a couple of weeks and swelling for more than 3 months afterward. The bruises and swelling will move down your body before being absorbed.
8. **Massage** to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. The massages can begin 2 weeks after surgery.
9. **Altered Sensations After Surgery.** Some people experience an itching sensation and/or numbness following surgery. This will gradually subside over the next 2-3 months. If the skin was cut around the areola area (the pigmented region of the breast around the nipple) then numbness may be permanent or last for months to years.

10. **Treatment of Gynecomastia may require more than one stage.** Correction of gynecomastia involves the removal of fatty tissue that can be fibrous, the possible removal of a hard “disk” of breast tissue beneath the areola in some cases, and the reduction of the overlying skin that envelopes these structures. Fatty tissue is most commonly removed with ultrasound-assisted liposuction, and the overlying skin will contract over the removed fatty tissue to a variable extent. In some cases, it will be immediately apparent to your surgeon that ultrasound-assisted liposuction will be sufficient. In other cases, a different approach that involves surgically cutting away fat and breast tissue, the hard disk and/or skin will be recommended. But, in some cases it will not be obvious if liposuction alone will be enough. Liposuction is preferred as there are fewer scars so we will often try this first. If this is not enough, to achieve a better result and more skin reduction, a second, staged procedure may be recommended to optimize the result.
  
11. **Blood Clot Prevention.** If your procedure is performed under general anesthesia, to reduce the risk of blood clots after surgery you may be treated with a drug called **Lovanox**. This is based on your risk factors, addition of other procedures, and length of surgery. This drug, also known as **low molecular weight heparin** is injected under the skin of the abdomen daily for at least 5 days after surgery. If you undergo general anesthesia, you will also have specialized stockings on your lower legs that intermittently massage your ankles during surgery. These also reduce the risks of blood clots.
  
12. **Small drains** are rarely placed, but if they are, they will be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed when the drain is no longer collapsed. Please keep a record of what time and how much fluid is emptied from the bulb in milliliters. Bring this record with you to the office appointment. Usually, drains are removed 48 hours after your surgery. The drains will not be removed if you have drained more than 30 cc within a 24 hour period.

# RETURNING TO WORK:

## LIPOSUCTION ONLY:

1. Working from home: Less than 1 week.
2. Desk job: 1 to 2 weeks
3. Up on your feet a lot/Manual labor: 2 to 3 weeks

## SKIN REMOVAL:

1. Working from home: Less than 2 weeks.
2. Desk job: 2 weeks
3. Up on your feet a lot/ Manual labor: 3 to 5 weeks

# GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

# FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication. For many patients follow-up includes:

- a) Follow-up within 5 to 14 days with our Nurses to pull drains, check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, and per physician discretion thereafter.