Preparing for In-office Correction of Gynecomastia

Thank you for selecting Reddy Aesthetics for the treatment of gynecomastia.

The following instructions will prepare for your upcoming procedure. Please note that these instructions are meant for in-office procedures only and there are a separate set of instructions for patients undergoing the procedure at an accredited surgery center (Northside Hospital) under General Anesthesia.

2-weeks prior to Surgery

By this point you should be clear on the date and location of your upcoming procedure

Cigarette smoking and vaping of nicotine products must be stopped at least 2-weeks prior to surgery. Inhaled nicotine products will impede wound healing. It is permissible to continue to use Nicotine gums or patches.

If you are using herbal or dietary supplements, it is best to stop these at least 2-weeks prior to surgery. The following is a partial list of herbal supplements that are known to increase the risk of bleeding: **St. John's Wort, Dong Qua, Ginkgo biloba, and Saw Palmetto.** A comprehensive list of herbal supplements and their possible medication interactions may be found at the Stanford Medicine Herbal Supplement Guide which is available online.

It may be beneficial to add a standard multi-vitamin to one's diet.

If you do not exercise routinely, I advise starting to walk daily for at least 15-30-minutes as this is recommended after surgery.

Please make sure our practice has the following information: **a) Home address; b) Preferred pharmacy information; c) Emergency contact information.**

Please contact our office to make any **required deposits** to secure the scheduled date for the procedure. Failure to do this may result in cancellation of your procedure.

1-week prior to surgery

By this point you should have received the consent forms and pre and post op instructions. Please be sure to study the informed consent form and please do not hesitate to contact us with further questions. We will have a hard copy of the consent form for you to sign the day of the procedure.

If you routinely use Aspirin-products or blood thinners, these should be stopped 1-week prior to surgery. It is best to discuss this with our staff or your primary care physician should you have questions.

The prescriptions for the procedure will be called in approximately 1-week before the procedure. Typically, we prescribe **Ibuprofen 800 mg** as the main stay for post op discomfort and **Tylenol #3** for breakthrough pain. In addition, you are expected to use an antibiotic, usually **Doxycycline**, for 5-days after surgery.

Our staff will contact you in advance to make sure you are fully prepared for the procedure. You will be asked what size fitted shirts are the best size for you as this information helps us decide what size compression garment is best suited for you.

Please make arrangements for transportation after the procedure. **You may NOT drive after the procedure.** Rideshare services are permitted to leave the office but it is always best to make arrangements with a friend or relative when possible.

Plan a post-surgical diet. Surgery places the body in a catabolic state so you will theoretically need more calories than you normally consume. I would focus on the quality of foods rather than the calorie counts. Generally, caloric intake should be broken down into thirds with each third being derived from proteins, complex carbohydrates, and high quality fats respectively. I recommend probiotics or natural culture yogurts while on antibiotics. For more information on post-surgical diets, our staff will be pleased to make recommendations.

Our staff will contact you by phone to ensure that you are prepared for the procedure the week prior to the procedure.

Day Before Surgery

1. Please make sure you are in possession of all prescription medications or that you have received verification that they are ready to be picked up immediately following the procedure.
2. Use a clipper or electric razor to trim all chest hairs. **If you prefer to shave your chest hairs, please do this 3-days prior to surgery.** The chest does not have to be smooth. Do not shave your chest the day before surgery. Please note that there is a difference between clipping vs shaving one's chest.
3. I recommend using Hibiclens soap (available at most pharmacies) to shower the evening prior to and the morning of surgery. This simple measure reduces the chances of infection. If you are unable to find Hibiclens, Dial or Ivory soaps will be adequate although they lack the anti-bacterial potency of Hibiclens.
4. For dinner the evening prior to the day of the procedure, I recommend a meal high in complex carbohydrates (rice, pastas etc). This is similar to carb loading that a long distance runner may undergo the day before the race.

Morning of the Procedure

1. You are encouraged to eat a breakfast of bland foods. Avoid greasy foods, such as bacon or fried eggs, and dairy products as these items may result in nausea during the procedure.

2. Do not wear expensive jewelry or time pieces to the appointment. Please let our staff know if there are body piercings that cannot be removed.

3. I recommend wearing loose fitting comfortable clothes preferably with a front zippered or buttoned front for the top (pullover tops may be less convenient to put on after the procedure) and elastic waist band pants.

4. Please present to our office at the scheduled time (the appointment time is the check-in time).

5. Once checked in, you will be provided with a hard copy of the consent to review and sign (this is the same as the electronic copy sent by email.

6. You will be expected to settle the balance of payment prior to the procedure.

Helpful Office Information

In the event that you are experiencing a medical emergency, please call 911 immediately.

Main Telephone Number: 404-481-5089

Office email: reddyaesthetics@gmail.com

Address: 1418 Dresden Drive, Suite 120 Atlanta 30319

Checklist for Preparation for Gynecomastia Surgery

Weeks/Days Prior	Action	Check (✓)
2-weeks	Cessation of Nicotine Products	
2-weeks	Begin physical conditioning	
2-weeks	Stop herbal supplements	
2-weeks	Settle deposit	
1-week	Review Consents	
1-week	Pick up prescriptions: Ibuprofen 800 mg; Doxycycline hyclate 50 mg; and Tylenol #3	
1-week	Stop aspirin-products or blood thinners	
3-days	Trim or shave chest hairs	
Day before	Hibiclens shower Carb loading dinner	
Morning off	Bland foods breakfast	