



NORTHEAST PLASTIC SURGERY
CENTER

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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 1 week 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.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week prior to as well as following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You have received prescriptions for _____ as a post-operative antibiotic and _____ for post-operative pain relief. Please fill these prescriptions prior to your surgical date.
- Please purchase 4x4 gauze sponges from your local pharmacy prior to your surgery, as you will need them for post-operative dressing care.
- Please purchase a breast/gynecomastia reduction front-closure surgical garment and bring it with you to the operating room on the day of your procedure. You may purchase through www.marenagroup.com. Often, patients choose to purchase a second garment for ease of cleaning and wear. Be sure to indicate coupon code: **newmarena** while purchasing to receive a discounted rate.
- 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.
- Wear a large, front-closure shirt to the hospital on the morning of your surgery.
- Other: _____

Please contact us with any additional questions or concerns.