

## Gynecomastia pre-surgery shopping list/information

### SHOPPING LIST

- \*Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.
- \*Stool softener (your pain medications may make you constipated if you do not take one)
- \*Gauze and paper tape to hold gauze over incisions
- \* You will need to sponge bathe while your drains are in place which can be anywhere from 5 days to 2 weeks. Please be sure to have what you need to do this. Some patients find that using baby wipes is easiest.
- \*Tight under armour type tank top/t shirt (after 3 weeks Dr. Paulson may have you switch from wearing a compression vest to wearing this)
- \*Recliner (you will want to sleep elevated for the first week, you may also use pillows to help prop up your arms and back)

### INFORMATION

- \*Please be sure you have someone around to help you for the first few days after surgery. You will likely be tired from your medications and sore from surgery so you may not feel like or may not be able to perform some of the tasks you are used to performing
- \*You will have a lifting/pushing/pulling restriction of less than 5 pounds for weeks 1-3 of recovery and less than 30 pounds for weeks 4-6.
- \*It is very important that you wear your chest compression garment that will be given to you on your surgery day around the clock for the first 3 weeks after surgery. Weeks 4-6 the garment may be taken off at night only and still needs to be worn during the day at all times. This will help to support your chest and will push some swelling out.
- \*You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. You also need someone to stay with you the night of your surgery to make sure you are okay and to help you remember to take your pain pills. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery
- \*If you are not from Bismarck or a close surrounding area you will need to stay overnight in town at a hotel. Dr. Paulson and/or one of his nurses will recheck you the next morning before you go home.
- \*You may not eat, drink, or smoke after midnight the night before your surgery. You also cannot chew gum or have any hard candy or anything in the mouth after midnight the night before. This is extremely important, and we will refuse to perform your surgery if you have not followed these instructions.
- \*After surgery you will have white tapes (steri strips) over your incisions and stitches. These need to stay on until your first recheck appointment with Dr. Paulson. If they start to come off, please do not pull on them or try to trim them as this may disrupt the stitches.

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\*You will need to sponge bathe until your drains are removed. You may shower 24 hours after your drains are removed, but stand with your back against the water so the steri strips mentioned above do not come off too soon. You may let the water/soap run over your incisions, but the incisions cannot be submerged in the bathtub for 3 weeks until stitches are removed.

\*For 10 days prior to surgery you may not take aspirin, advil, ibuprofen, anything herbal, or any multivitamins as all of these can thin your blood causing you to bleed more than usual during surgery (if you have any questions about taking other medications not mentioned please contact Dr. Paulson's nurses at 701-255-3311)