

**ARMEN VARTANY, M. D.**  
Certified, American Board of Plastic Surgery  
**116 South Buena Vista Street**  
**Burbank, California 91505**  
**(818) 500-0823**

## **INSTRUCTIONS FOR GYNECOMASTIA**

### **BEFORE SURGERY**

Do not take aspirin, Excedrin, Ibuprofen, Motrin, Advil, Aleve or any other non-steroidal anti-inflammatories, for two weeks prior to surgery and for one week after surgery. These medications interfere with normal blood clotting. You may take Tylenol, if needed, for minor aches.

For a period of two days prior to surgery, use antibacterial soap (Dial, Safeguard, Phase III, etc.), for bathing.

Telephone the office if you notice any signs of fever, infection, pustules, or a cold.

If there are any long hairs in the nipple areas, carefully clip them short, but do not shave them.

You may brush your teeth the morning of surgery, but **have nothing to eat or drink after midnight the night before surgery.** If you take any medications for blood pressure or your heart, please take them with a sip of water as scheduled.

Wear a loose fitting, button-up shirt, which has been freshly laundered. Avoid clothing that requires being put on over the head. Do not wear restrictive clothing.

Do not wear any deodorant, skin creams, nail polish or jewelry to the surgery center.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses will need to be removed prior to surgery. You will be able to put your contact lenses back in approximately one day after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged.

When you arrive for surgery, you will advise the facility who is to be called to take you home. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You **must** have someone spend the first night with you.

If you have any questions, prior to surgery, please call the office any time.

## **AFTER SURGERY:**

Return home and go directly to bed, with only assisted bathroom privileges for the first 24 hours.

Take medications as directed\*\*. Remember that NO alcohol is permitted for one week to ten days, depending on when you are allowed to cease taking medications.

Upon arrival to your home, you may have small quantities of liquids as desired and/or tolerated. It is advised that you eat a very small amount of pudding or yogurt to coat the stomach prior to taking pain medication. \*\*If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the nausea subsides or until the following day when you may progress to a soft diet. After that, you may eat as desired and/or tolerated. Hot and/or spicy foods may cause additional swelling.

If you have surgical drains, you will have to empty the surgical drains twice daily and write down the amount of fluid removed from each drain and each time. Your drains will be removed in the office. Do not remove the bandages and do not shower while the drains are in place.

If you do not have surgical drains, you may take a shower three days after surgery. Once you have showered, wear your bra immediately after and keep it on day and night for two weeks after surgery.

Avoid getting overheated, and do not sit out in the sun for at least two weeks. Additionally, avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for four weeks after surgery.

Do not attempt to sleep on your stomach for four to six weeks after surgery.

It is extremely important to limit the use of your arms for ten to fourteen days. Do not extend your arms over your shoulder level. Do not drive a car until you are given permission.

If there are any signs of persistent nausea, bleeding, rash, etc. report this to the office.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.

In the event of an emergency AFTER hours / AFTER surgery:

Please send a text message to (818) 458-0340. Dr. Vartany will respond immediately.