



Postoperative instructions for male breast reduction

What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Wear your chest compression vest 24/7 for 6 weeks post op.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- No heavy lifting for 4-6 weeks (this is determined by your surgeon).



Postoperative instructions for male breast reduction (continued)

- Return to work when you feel well enough -- Could be 1 or 2 days after surgery or 2 weeks, depending on type of job. Stay away from any job or sport that risks a blow to your chest for at least 4 weeks.
- Avoid sexual activity for 1-2 weeks and strenuous activity for 3-4 weeks.
- Full social activities can be resumed in 10-14 days.

How do I take care of my incision?

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Wear your pressure garment continuously for 6 weeks, (unless otherwise instructed by your surgeon)

How should I expect to feel?

- Minimal to moderate postoperative pain (depending on how extensive the procedure is).
- Temporary bruising, swelling, soreness, burning sensation.
- The worst of your swelling will dissipate in a few weeks.
- All swelling and bruising should be gone in 3-6 months.
- Temporary loss of breast sensation or numbness, which may last up to a year.
- In about 4-6 weeks, you will be back to all of your normal activities.



Postoperative instructions for male breast reduction (continued)

What will it look like?

- Flatter, firmer, more masculine chest contour.
- Three or more months before final results are apparent.

What follow-up care will I receive?

- Drainage tubes are removed when the output is less than 30 ml for 1 -2 days (this will vary by surgeon)
- External sutures are removed 7-14 days after surgery.

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.



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Postoperative instructions for male breast reduction (continued)

Who should I call if I have questions?

- Monday - Friday, 9:00am – 5:00pm:
Call: (646) 943 6042 to make a follow-up appointment
- After hours and on weekends:
(646) 943 6042
(347) 767 6653

Disclaimer: This document contains information and/or instructional materials for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.