



C O U R T N E Y
P L A S T I C S U R G E R Y

GYNECOMASTIA (MALE BREAST REDUCTION)

SCHEDULE Your first follow up appointments will be 1-week post-op. We will see you again 3-4 weeks post-surgery for a tape removal, 3 months, and yearly after that. (This may vary for some patients.)

ACTIVITY Take it easy for the first few days following surgery. You may resume light activities, at your discretion, while avoiding any sort of lifting, pushing, or pulling anything greater than 10-15lbs. Most patients return to work after a long weekend. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 6 weeks. After 6 weeks you may ease back into your normal routine.

MEDICATIONS Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

GARMENT After surgery you will be wrapped in an Ace bandage, which you should keep on for the first 24-36 hours. Transition into your compression vest that was provided to you. You should wear your vest continuously for 6 weeks, however, you may take short breaks.

INCISION You will have Prineo tape over your incisions that we will remove for you 3-4 weeks post op. All sutures are internal and dissolvable. Inspect daily for any visible signs of infection. Light bleeding from the incisions is normal. You may start using Biocorneum Scar Therapy after tapes are removed. It takes all incisions about a year to mature. No sun exposure for 12 months.

BATHING Your first shower should be 24-36 hours after surgery. Shower with your back towards the water head to avoid pressure hitting directly on your chest and to keep incisions as dry as possible. It is OK if incisions get a little damp. No submerging in any water for 8 weeks.

WHAT TO EXPECT A moderate amount of discomfort is to be expected. This will improve daily. Do not use any hot or cold compresses. Temporary numbness or sensation changes may occur. You may experience sharp pains, nerve tingling, or burning sensations.

CONCERNS Look out for excessive swelling, severe bruising, redness, fevers over 100.5, pain not controlled with medications, and excessive bleeding from incisions that is not controlled with light pressure. Don't hesitate to call our office if in doubt.

SLEEP Head above heart for the first 2 weeks. No side or sleeping on your stomach for 6 weeks.