Male Breast Reduction (Gynecomastia) Post –Operative Instructions

Instructions

Please call the office to schedule your post op appointment

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. You may also take a stool softener.

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

Activities

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 a full range of motion with your arms

No heavy lifting for 4-6 weeks (this is determined by your surgeon)

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

Incision Care

Avoid exposing scars to sun for at least 12 months

Always use a strong sunblock, if sin exposure in unavailable (spf30 or greater)

Keep steri- strips on

No tub or pool soaking while sutures or drains are in place

Wear your pressure garments continuously for 6 weeks, (unless otherwise instructed by your surgeon)

These are some guidelines to help you during your recovery. They are not meant to be all inclusive and your doctor may give you more detailed or additional post-operative instructions. Please call the office if you have any questions or concern.