

**SABRINA A. LAHIRI, M. D.**  
**PLASTIC AND RECONSTRUCTIVE SURGERY**

**GYNECOMASTIA**  
**(MALE BREAST REDUCTION)**

**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.
- 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, as 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.
- 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**

- You may shower 48 hours after surgery.
- 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; replace if they come off.
- 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 2-4 weeks, and a few weeks more at night, or as advised by your doctor.

## **WHAT TO EXPECT**

- Minimal postoperative pain.
- Discomfort for a few days.
- 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 a month, you will be back to all of your normal activities.

## **APPEARANCE**

- Flatter, firmer, more masculine chest contour.

## **FOLLOW-UP CARE**

- Drainage tubes are removed when less than 30 ml for 24 hours.
- External sutures are removed 7-14 days after surgery.

## **WHEN TO CALL**

- 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.

## **For medical questions, please call:**

- **281-419-1123, Monday-Friday, 24 hours**