

RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

GYNECOMASTIA (MALE BREAST REDUCTION) POST-OPERATIVE INSTRUCTIONS

COMPRESSION VEST: You will be in a surgical compression vest following the procedure. The vest should be worn at all times except when showering for the entire month following surgery. There may be a small amount of oozing from the incisions for the first few days. This is normal. You should replace any bandages as needed until all of the incisions remain dry. The vest may be washed and air dried when it gets soiled.

DRAINS: If surgical drains are placed during the operation, they are usually removed in the office within a few days. You will receive a separate set of instructions for care of the drains.

SWELLING: Mild to moderate swelling is normal after surgery and will usually resolve over a couple weeks. Excessive swelling, to the point where one side is much bigger and more obvious than the other side, is not normal, and may be a sign of bleeding underneath the skin. If excessive swelling occurs, it is usually within the first few days after surgery. You should call your surgeon or the on-call doctor immediately if you experience excessive swelling.

ACTIVITY: Take it easy for the first several days. No working out, running, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at one to two weeks, as tolerated. You may resume working out, running, weight lifting, and other high intensity activities one month after your surgery. This is very important. Too much activity too soon will increase your chances of normal fluid building up under the skin (called a seroma) which may require needle drainage in the office and produce a worse result.

POSITIONING: Do not lie on your belly for two weeks. It is alright to lie on your side while sleeping.

BATHING: You may shower the day after surgery. No tub baths or swimming for one week. Remove any gauze before showering. There will be skin glue covering your incisions. Skin glue will eventually fall off on its own, but you may remove it if after one week if it has not fallen off yet.

MEDICATION: You will receive prescriptions for an antibiotic and pain medication. Take the antibiotic until it is finished, and the pain medication as needed according to the directions. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

NUMBNESS: Numbness or unusual sensations of the chest are to be expected. It can take several weeks to months for these to resolve. Occasionally there may be persistent numbness. If your chest becomes increasingly painful or tender, please call the office.

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.