



Male Breast Reduction Post-Op Instructions

Male Breast Reduction

NORMAL SYMPTOMS: Remember it is normal to experience soreness, bruising, swelling, tightness and some degree of pain for the first few days following surgery. These conditions will lessen each day. You may expect bruising and swelling for a period of days after surgery. It is common to have some oozing of a light pink tinged fluid from the tiny incision sites. This is normal. Draining usually stops or is minimal by the second day. There may be firm areas and some indentations in the skin for the first few weeks after surgery. This will slowly improve with time. Final results from lipocontouring are seen 6-8 months postoperatively. The firm areas may persist after a few weeks and are best treated with self-massage.

POSTOPERATIVE CARE: Rest the night of surgery. Take pain medication as prescribed. You need to be up moving around the day of surgery. You may experience mild to moderate pain for the first two to three days following surgery.

BATHING: Do not shower or bathe until your first postoperative visit, which will be in three days. You may take a sponge bath in the non-surgical areas.

DRIVING: Have someone drive you home after surgery. You may drive within the first 24 hours provided you are not taking pain medications.

ACTIVITY: You may be as active as your ability permits postoperatively. Walking and being active helps increase healing and decreases swelling. The more active you are, the less discomfort you will have. Resuming exercise can be done within 2-3 days after surgery.

GARMENTS: After surgery, you will be placed in a postoperative garment. This will be foam padded, in order to provide uniform pressure. The garment helps swelling resolve faster and encourage better, smoother skin healing. Please do not remove the garment until we instruct you to do so. We suggest wearing compressive garments for a period of 3-4 weeks after surgery.