

MALE BREAST REDUCTION/ GYNECOMASTIA SURGERY

DATE: _____ PLACE: _____ ARRIVAL TIME: _____

TWO WEEKS BEFORE SURGERY:

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.
3. **Smoking will affect how you heal. It is very important to discontinue smoking for at least 2-3 months before surgery.**
4. In most cases, patients undergoing breast reduction or breast lift surgery will require an overnight stay in the hospital. If you are allowed to go home because of a smaller procedure, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to stay with you for the first 24 hours.

EVENING BEFORE SURGERY:

1. In preparation for after surgery, place 2 pillows on your bed for elevation of your head and shoulders.
2. Make some jello and/or soup for after surgery.
3. Get a good night's rest.
4. Do not eat or drink anything after midnight if your surgery is scheduled before noon.

MORNING OF SURGERY: Be at the Surgery Center/Hospital at: _____

1. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast no later than 6 hours before your scheduled surgery time. **DO NOT SMOKE.**
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

AFTER SURGERY:

1. You will be admitted to the recovery room following surgery and then to the floor. The surgeon or nurse may come into the room to evaluate your wound and check for bleeding. A surgical bra will be used to support your breast post-operatively.

2. While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to go to the bathroom with help and you are encouraged to sit in a chair.
3. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
4. If you stay overnight in the hospital you will have access to pain medicines. Often times you will be able to control your medication yourself with a pump or you will have to ask the nurse for medication. After you go home take the pain medication every 3-4 hours as needed for pain. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
5. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy.
6. Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb as they accumulate. If you go home with the drains please keep a record of how much fluid is emptied from the bulb every 24 hours. Bring this record with you to the office appointment.
7. The incision lines are to be cleaned twice a day with soap and water starting 48 hours after surgery. Apply Vaseline to the wounds after cleansing and apply a small dressing avoiding tape whenever possible. If the wounds have been sealed with Dermabond or "Superglue" no wound care except cleaning is required.
8. If approved by your surgeon you should shower within 48 hours after surgery. The shower should be less than 20 minutes and the wounds should be gently cleaned with soap and water.
9. If your surgery required removal of the nipple area and complex special instructions will be provided. This will require that a bolster or extra dressing be applied over the nipple complex for 5-7 days. The dressing is sutured in place and will be removed by our office at your follow-up appointment. It is best to avoid getting this dressing wet and should be protected or even covered during showers.
10. You should wear a compression garment or chest wrap post-operatively, until the doctor state you may discontinue and/or wash. You may want to obtain an extra garment from our office or even a lighter male compression retail garment (www.spanx.com) that covers the trunk and chest and can easily be brought over the head after the first week.

OTHER POST-OPERATIVE INSTRUCTIONS

1. Strenuous activities and exercises are to be avoided until 2 weeks after surgery. You may gradually resume normal daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort.
2. Driving may be resumed when a sharp turn of the steering wheel will not cause pain and you are no longer taking narcotics for pain control.

3. Breast massage can be started as instructed by the surgeon and you are able to do so without pain. The surgical scars can be treated with Mederma, ScarGuard, or silicone sheeting at approximately 3 weeks after surgery. Tanning beds or sun bathing is discouraged without protection for 6 months following surgery.
4. Bruising and swelling are normal and final shape and contour cannot be expected for at least three months following surgery.
5. Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
6. If you have any questions, sudden onset of extreme pain, fever, or redness, please call Dr. Lowe's office at (405)942-4300.

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6-8 weeks.
2. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

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