

CENTER FOR PLASTIC & COSMETIC SURGERY
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MALE BREAST REDUCTION (Gynecomastia Reduction)

You are about to undergo a gynecomastia reduction procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

- This procedure lasts approximately 1-1/2 to 2 hours. You will spend about 1-1/2 to 2 hours in the recovery room. You will be discharged home when stable.
- You must have someone drive you home and stay with you during the first 24-hours following the surgery.
- Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.
- If you are a smoker, you should stop smoking at least three weeks prior to the surgery and for three weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.
- Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

- Initial discomfort is controlled with narcotic pain medications but you may experience continuous discomfort for the first 48 to 72 hours.
- Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.
- Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.
- You must wear a post-operative compression vest that will help support the area. This must be worn 24 hours a day for the first two weeks and then during the day when you are most active. This will help decrease bruising and swelling.
- The white Band-Aid strips called steri-strips, along the incision, can remain in place until they peel off or until your first postoperative visit.
- Any other dressing on the operative site should be changed within the first day.

RECOVERY EXPECTATIONS

Week 1

- You may shower the day following surgery if you don't have drains in. If you do have drains, sponge bath is permitted.
- You may experience oozing from the incision, this is normal. Apply dry gauze over this and change this dressing as needed.
- Do not drive while on pain medication. You may resume driving when you are off all pain medication and can comfortably sit in a car with your arms raised.
- Try Motrin (600 mg) every 6 hours as needed for pain in place of narcotic prescription pain medication when pain has decreased.
- It is not unusual to have one side of your chest more swollen than the other is or to have less sensation on one side compared to the other.
- If you have significant swelling or feel like there is fluid on one side greater than the other, please call our office to schedule an appointment so that Dr. Fedele may exam the area.
- The swelling can persist for 3 to 6 months but your chest wall will eventually become flat.
- Make an appointment with our office within the 5 to 7 days after the surgery to have any dressings removed. At that time we will remove the drains, if there are any, as well as band-aid strips and any sutures, and give you further instructions.
- You will likely have significant swelling and bruising, especially in this first week.

Week 2 and Beyond

- Expect bruising and swelling to continue through 2 weeks and beyond up to 6 months.
- You will likely be returning to a regular lifestyle, including lifting and sports activities within 3 to 4 weeks, as your body allows.
- Walking is okay within the first 2 weeks. Exercise within 2 to 4 weeks.
- Some decrease sensation in the nipple is normal and this may persist for 3 weeks to 3 months.

PRECAUTIONS

If you have questions or are unsure of your postoperative recovery, please call the office for instructions. If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, severe burning, fever, chills, significant swelling (twice the size) on only one side, one side is twice as hard as the other or a "hot-to-touch" sensation.