

Post-Operative Instructions

Male Breast Reduction – Gynecomastia Surgery

Following your surgery, it is important that you follow Dr. Shaddix's post-operative instructions. If you have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

General

- You will need to arrange for someone to drive you home after surgery and to help you care for yourself for the first 24 hours after your procedure.
- It is important to relax after surgery. You will have less energy than usual for the first few days and should not try to go back to your normal activities right away. Your body needs rest to heal.
- Depending on your job, you should be able to return to work within a few days with duty restrictions.
- If you take regular medications, ask Dr. Shaddix when it is safe to resume taking them.
- If drains are placed, you will be given separate instructions on how to empty them and record the output.

Medications

- For the first ten days after surgery, do not take aspirin, aspirin-containing products, or any NSAIDs (Bufferin, Anacin, Excedrin, Aleve, Ibuprofen, Motrin, many cough and cold medications, etc.).
- Please remember that the pain medication prescribed by Dr. Shaddix contains Tylenol. It is NOT safe to take regular Tylenol at the same time you are taking the pain medication.
- When taking the prescription pain medication, you should not drink alcohol or drive a car.
- Take your antibiotics until they are all gone.

Activity

- You should be walking around on the evening of surgery to help prevent a blood clot from forming in your legs.
- No exercise is allowed in the first week after surgery. You may gradually resume light exercise after a week. You can return to your normal level of activity 2-3 weeks after surgery.
- Avoid heavy lifting and very strenuous activities for 3 weeks after surgery.
- Wait about 1 week after surgery before having sex or doing anything to raise your blood pressure substantially.
- For the first 2 weeks after surgery, you will be most comfortable sleeping on your back.



Diet

- The anesthesia you are given may make you nauseated during the first day after surgery. You should drink liquids and eat only mild foods during this time. When you feel like it, you may resume your regular diet.
- Increase your fluid intake in the first week after surgery.

Incision Care

- You will be placed in a compression garment or wrapped with an ACE bandage in the operating room. You will need to wear your compression garment around the clock for the first 3 weeks after surgery. This should only be removed when showering and when you clean the garment.
- Dr. Shaddix typically places steri-strips over your incisions. These are tightly adherent to your skin and protect the incisions as they heal. If these begin to peel off, you may gently clip any peeled up edges with a small pair of scissors. Dr. Shaddix will remove any remaining strips in the clinic.
- It is safe to remove the compression and shower or sponge-bathe on the second day following surgery. Allow the steri-strips to get wet with soap and water. Afterwards, pat the steri-strips dry and put the compression back on. Do not take a regular bath or soak your incisions.
- There may be some clear or pink drainage from the incisions over the first couple of days. Immediately after surgery, there will be gauze placed over the incisions. You may replace this at home to keep the incisions dry.

Things to Avoid

- Do not smoke or expose yourself to second-hand smoke for at least 3 weeks.
- Do not stay in bed all day. Walk frequently.
- Do not swim in a pool/lake/river/ocean for 4 weeks following surgery.
- Sauna and steam baths should be avoided for 6 weeks following surgery.
- Avoid heating pads and cold compresses. The skin of the chest will not have normal sensation for some time. Applying heat or cold can cause burns or frostbite, respectively.
- Do not tan your scars for the first year following surgery because they may tan darker than the surrounding skin. This darkness, if allowed to occur, may be permanent. In general, it is safe to begin using sunscreen on your incisions 3 weeks after surgery. You should cover your incisions with sunscreen during the first year after surgery.

Things to Look For

- If you develop a fever greater than 101°F, increasing pain, redness around the incisions, or concerning drainage from the incisions, call Dr. Shaddix immediately on his cell phone number that will be provided to you on the day of surgery.

Things to Expect

- Scars may become reddened before they fade. This is normal.
- Your discomfort will be at its peak on postoperative days 2 and 3. It should improve after that.



- Expect quite a bit of discoloration and bruising of the chest. This is normal and will usually resolve within 3 weeks.
- Expect swelling. The majority of the swelling usually resolves after over the first month.
- Be aware that swelling may increase during week 2 and 3, but will then subside.
- There will be some numbness or decreased sensation. Some of this may be permanent, but you are likely to have much of it return over the course of several months.
- It may take up to 6 months for the chest to reach its final size and shape.

Follow-up

- Dr. Shaddix would like to see you in clinic 1 week after surgery. This appointment is typically prescheduled, please reach out to our office if you are unsure about the date and time.
- Dr. Shaddix would like to see you again at 3 weeks and 3 months after surgery.
- Please remember that we are here for you to answer any and all questions, no matter how small! If you have a question, it is likely that we have the answer.

