

J. Jason Wendel, M.D.

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Recovery Instructions

MALE BREAST REDUCTION (GYNECOMASTIA)

This is an outpatient surgery.

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest; follow a balanced diet.

Decreased activity and pain medication may promote constipation, so you may want to add more fresh fruit to your diet, and be sure to drink plenty of fluids.

Prior to your surgery, pain medication will be prescribed by Dr. Wendel and sent in electronically to your pharmacy.

Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.

Do not drink alcohol when taking pain medication.

If you are taking vitamins with iron, resume these as tolerated.

Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

Walk as soon as possible, as this helps reduce swelling and lowers the chance of blood clots.

Do not drive until you are no longer taking narcotic pain medications.

Do not drive until you have full range of motion with your arms.

No lifting greater than 10 pounds for 2-3 weeks.

Return to work when you feel well enough. Stay away from any job or sport that risks a blow to the chest for at least 4 weeks.

Avoid sexual activity for 1-2 weeks and strenuous activity for 4 weeks.

Social activities can be resumed in 10-14 days.

No submerging incisions under any type of water including but not limited to the ocean, pools, hot tubs, and baths for 4-6 weeks.

Physical therapy is not typically necessary for this procedure.

Incision Care

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips and/or surgical glue in place.

Keep incisions clean, dry and inspect daily for signs of infection.

No tub soaking while sutures or drains are in place.

Wear your pressure garment continuously for 4 weeks.

You may remove surgical garment(s) to sponge bathe and/or shower.

What To Expect

Minimal to moderate postoperative pain, depending on the extent of the procedure.
After having surgery, it is expected you will experience some pain and discomfort even with pain medications. This is a normal part of recovery.
Temporary bruising, swelling, soreness, and/or burning sensations.
The worst of your swelling will resolve in 2-3 weeks.
All swelling and bruising should be gone in 3-6 months.
Temporary loss of breast sensation or numbness may last up to a year.
In about 4-6 weeks, you will be back to all of your normal activities.

Appearance

Flatter, firmer, more masculine chest contour.
Three to six months before final results are apparent.

Follow-Up Care

Drainage tubes (if used) are removed when the output is less than 30mL/day for 2 days.
Sutures are dissolvable and will be clipped to skin level on the first or second clinic appointment.
Instructions regarding surgical glue removal and scar gel treatment/application will be provided at your post op appointment.

When To Call

If you have increased swelling or bruising.
If swelling and redness persist after a few days.
If you have increased redness along the incision.
If you have severe or increased pain not relieved by medication.
If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
If you have an oral temperature over 100.4 degrees.
If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
If you have bleeding from the incisions that is difficult to control with light pressure.
If you have loss of feeling or motion.

Managing Refill Prescriptions

For prescription refills, please contact our office during business hours (615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m.
PLEASE NOTE: We are unable to refill pain medication of any kind after hours or on weekends.
Messages received after hours or on weekends will be processed the next business day.

For Medical Questions, Please Call:

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.