



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
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GYNAECOMASTIA (MALE BREAST REDUCTION)

PRE/POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Prepare your skin for 3 weeks before surgery with Dermalac Lotion and Vitamin A, C & E Body Oil from Environ.

POST-OPERATIVE INSTRUCTIONS

- You will need someone to drive you home after your surgery and help you at home for 1 to 2 days.
- Get plenty of rest.
- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake. Movicol may also be used to keep your stool soft.
- Take pain medication as prescribed.
- Do not take aspirin or any products containing aspirin.
- If you are taking vitamins with iron, resume these as tolerated.

ACTIVITIES

- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Limit use of arms for 4 weeks, i.e. no heavy lifting or raising arms above head.
- Resume sexual activity as comfort permits, usually 2 to 3 weeks post-operatively.
- Avoid strenuous exercise and activities for 4 to 6 weeks.
- Social and employment activities can be resumed in 7 to 14 days.

INCISION CARE

- You may shower only after your post-operative appointment (usually 4 days post-operatively).
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Apply Micropore to the incision lines for 3 months. Change every 7 to 10 days. Do not remove the tape every day as it will cause irritation of the surrounding skin.
- Keep incisions clean and inspect through Micropore daily for signs of infection or oozing.
- **DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.**
- Incision areas may be massaged through the Micropore for the first 3 months.

- ScarScience, available from the therapists, should be applied from 6 weeks post-operatively, over the Micropore for another 6 weeks, and then on the incision directly for another 3 months post-operatively.
- No soaking in the bath while sutures or drains are in place.
- Support garments should be worn 24/7, and only removed for short periods while taking a shower. You should wear the garment day and night for 6 weeks.

WHAT TO EXPECT

- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- You may experience temporary pain, soreness, numbness, dry skin, swelling, discolouration and incision discomfort.
- There may be a loss of nipple sensation, which should normalise in time (less than 5% of patients never regain nipple sensation).
- Scars will fade in several months to a year.

FOLLOW-UP CARE

- Most of the sutures are buried and dissolve in 6 to 8 weeks.
- Any stitches will be removed in 7 to 10 days.
- A support garment must be worn 24/7 for 6 weeks post-operatively, and for 6 weeks during the day.
- ScarScience must be applied on the incision from 6 weeks post-operatively to help with the prevention of hypertrophic and keloid scarring. It should be used at least 3 to 6 months post-operatively.

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 37°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za