



DR JONATHAN
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PLASTIC & RECONSTRUCTIVE SURGEON
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GYNAECOMASTIA (MALE BREAST REDUCTION)

PRE & POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Please advise the doctor if you are taking any blood thinning medication (e.g. Warfarin, Disprin, Aspirin, etc.)
- This will need to be discontinued prior to surgery as per your doctor's instructions.
- Uncontrolled high blood pressure raises the risk of bleeding complications in all forms of surgery – please ensure your blood pressure is well controlled prior to your surgical date.
- DO NOT take any of the following medications prior to surgery:
 - Anti-inflammatories (e.g. Brufen, Ibuprofen, Myprodol, Voltaren, etc.)
 - Homeopathic medications (e.g. Arnica, Rescue Remedy, St John's Wort)
 - Vitamin E (oral or topical)
- Prepare your skin for 3 weeks before surgery with Dermalac Lotion and Vitamin A, C & E Body Oil from Environ. (Dr Toogood will inform you if he thinks this is necessary for you).
- Take a bath or shower with antibacterial soap (or Bioscrub/AcuSanX) on the morning of your admission.
- Do not apply any body lotion.
- Regardless of whether you are having a general anaesthetic or conscious sedation – you should not eat or drink anything for 6 hours prior to surgery.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.
- Bring comfortable cotton underwear.

POST-OPERATIVE INSTRUCTIONS

- You will need someone to drive you home after your surgery and help you at home 1 to 2 days.
- You will need plenty of rest.
- 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.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- 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

- 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 your 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 within 7 to 14 days.

INCISION CARE

- You may shower only after your post-operative appointment (usually 4 days post-operatively).
- Avoid exposing your 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/Scar Repair, available from MASC Laser Clinic, should be applied from 6 weeks post-operatively over the Micropore and then for another 6 weeks directly on the incision. Continue for another 3 months post-operatively.
- Do not soak 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, discoloration and incision discomfort.
- There may be a loss of nipple sensation, which should normalize in time (less than 5% of patients never regain nipple sensation).
- Scars will fade in several months to a year.

APPEARANCE

- The breast area will appear flatter.
- Scars will be red for 6 to 9 months. After that, they will fade and soften.
- Scars might be present around the nipples.

FOLLOW-UP CARE

- Most of the sutures are buried and will 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 then for another 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 and vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice an 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