



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

Male Breast Reduction (Gynecomastia)

You must have someone drive you home from surgery and stay with you for 1-2 days.

Remove Wrap the day following surgery. You may shower after you remove the wrap. Leave tapes (steri strips) in place. Pat tapes dry after your shower.

Wear your compression garment continuously for 4 weeks.

No heavy lifting for 4-6 weeks after surgery. You may resume normal activities in 2 weeks.

Tightness in the chest region and stiffness: Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort.

Consistent sharp pain should be reported to our office immediately.

You may experience hypersensitivity or lack of sensitivity of nipples. This is usually temporary.

Shiny skin or any itchy feeling: Swelling can cause the breast's skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the chest. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. If the skin becomes red and hot to the touch, contact our office immediately.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest**

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals.