TOTONCHI
PLASTIC SURGERY

Care after Breast Reduction

This page contains answers to frequently asked questions regarding your care after a men's breast reduction. This information will help you remember the instructions given to you after surgery.

Appearance:

- The incisions will be covered with clear, non-stick gauze and a white gauze dressing held in position usually with paper tape. A surgical bra will be placed over top of these dressings.
- Your chest will feel swollen and tight and may appear mildly bruised. The bruising will last about two weeks.
- **This initial dressing can be removed 5-days after your surgery.** Your breasts will feel swollen and tight and may appear mildly bruised. The bruising will last about two weeks.
- Some areas of the incisions may have a "ruffled" appearance, these will flatten with time. The bottom of the breasts may appear flat, the breasts will gradually soften and "round out" and take their final shape in approximately 3 months after your surgery.
- You may experience a sensation of numbness of the breasts and nipples, which will fade over time but may last 6-12 months, sometimes longer.

Activity/Bathing/Sleeping:

- You should NOT do any heavy lifting, greater than 5-10 lbs, or strenuous exercise for 4 weeks. **However, please walk frequently.**
- You can resume your normal exercise routine in about four weeks after surgery.
- You may drive once you are no longer taking pain medication.
- If your job does not require heavy activity, you should be able to go back in 1-2 weeks.
- You can shower 5 days after your surgery using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water.
- Your breasts will be tender, so wash this area gently and pat dry with a clean towel.
- If you prefer to take a bath, do not submerge your breasts under water, sponge bathe only.
- Check the color of the nipple and areola daily. If the color darkens, please call the office.

Drain/Incision Care:

- Drains are typically not used for this procedure.
- If drains are used, please refer to the "How to care for your drain" packet.
- Once your dressings are removed, please clean your incision with gauze and warm water twice a day, then apply a thin layer of bacitracin ointment.

We are always available if you have any questions, please call 440-461-7999.

- After 1 week of applying bacitracin ointment, please switch to regular, non-scented moisturizing lotion. Clean your incision and apply lotion twice a day.
- Dr. Totonchi will instruct additional incision care at your post-operative appointments if needed.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for a couple days after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling.
- Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medications:

- We will prescribe an antibiotic, nausea medication, and pain medication for you with an antibiotic. Follow the directions on the bottles for their use.
- The pain medication may make you feel drowsy, so please have someone assist you at home, and do not attempt to drive while you are taking prescription pain medication.
- A stool softener (Colace) is recommended after surgery.
- A few days after surgery, most patients will find that Tylenol will take care of the discomfort
- **Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 1 week after surgery.**

Post-Operative Appointments:

- You will normally be seen in the office 7-10 days after your surgery, and then at about one month, three months, and six months to monitor healing.
- Additional appointments may be necessary and will be determined by your recovery.

Recommended Supplies:

- Q-tips, Bacitracin, and Aquaphor
- Extra Pillows for comfort

Post-Operative Concerns: Urgent problems after breast lift do not occur frequently. These are the complications that will require a change in your post-operative care:

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- **Color Change** in the nipple and areola should be checked daily. If your nipple or areola darken in color, please call the office.
- **Hematoma** (blood collecting under your breast incisions) can occur within a few days of your surgery. The warning signs are:
    - Severe pain that does not respond to medication
    - Significant swelling in your breast
    - Excessive or growing bruising of the breast or chest wall
- **Infection** is rare following breast lift. It is normal to have a very small amount of drainage from your incisions for one to two days. Signs of infection are:
    - Increased temperature
    - Increasing drainage from the incisions
    - Increasing redness around the incisions
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). Although some swelling is to be expected due to your surgery, intravenous fluids given to you during the surgery and your decreased level of activity, this swelling is normally mild, painless, and affects both legs evenly. If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** after breast lift are rare but can be a serious complication. If you develop any chest and/or back pain or shortness of breathe, you must contact the office or be seen in the nearest emergency medical facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.

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For educational content, practice updates, and patient resources, follow Dr. Ali Totonchi on social media and visit our website:

Website: www.drtotonchi.com

Instagram: @totonchiplasticsurgery

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YouTube: Dr. Ali Totonchi

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