

Male Breast Surgery

Before Your Surgery:

- Do not take any aspirin, Advil or any medication containing aspirin for two weeks before and two weeks after your surgery. Drugs containing aspirin include: Anacin, Bufferin, Excedrin, Fiorinal, Percodan, Alka Seltzer and numerous others. Check with your pharmacist if you have questions about blood thinning medications.
- Wear comfortable, loose clothes and a button-up shirt the day of surgery.
- Do not wear any body lotion the day of surgery.
- No smoking, alcohol or Nicorette Gum for three weeks before and after surgery.

After Your Surgery:

- A heaviness or pressure in the chest area is normal. This feeling should subside after a few days.
- You will be sent home in a stretchy support vest/binder after surgery. Do not remove it until after your first post-operative visit. You will wear this garment until the doctor approves which will be in approximately two weeks.
- Your chest may feel hard and sore. This is attributed to post-operative swelling. The “hardness” will dissipate within the next couple of weeks.
- No traveling via airplane for 1 week after surgery due to increased atmospheric pressure and risk of swelling of the chest.

What To Do:

- Rest at home with minimal activity for 48 hours. No physical exertion, bending, carrying heavy objects, upper body exercise for 4 – 6 weeks.
- There will be tape over your incision line. Do not remove the tape. It will be removed by your doctor or assistant.
- Do not get the area wet until after the first post-operative visit.
- Medication will be prescribed for discomfort.
- Antibiotics will be prescribed and should be taken until completely finished.
- The doctor will tell you the day of surgery when he would like to see you again for your first post-operative visit.

Sign: _____ Date: _____

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor’s assistant will be at your pre-op to answer any questions you have. At your pre-op the doctor’s assistant will have a copy of this form for you to sign for our records.