

DR. COLIN MCINNES

PLASTIC SURGERY

Male Chest Reduction – Post-Operative Instructions

Rest + Relaxation

- Preferably sleep on your back. It is okay to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.

Washing

- Remove larger dressings 24 hours after surgery. Leave your steri-strips (white tape) in place for approximately 7-10 days. If they come off sooner that is okay.
- You can shower 48 hours after surgery unless you have drains in place. Wash gently with soap and water.
- Do not soak your surgical sites - no pools, hot tubs, lake or well water for 3-4 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding (minimal) from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10-15 minutes with a clean towel. If bleeding persists or one side is becoming much larger than the other, see our emergency care instructions below.

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin (original ointment) to your incision lines 2 x per day once steri-strips are removed.

Compression Vest Wear

- Wear a compression vest for 3-4 weeks.
- Loosen/adjust it periodically to avoid pressure points

Three Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream (something non-irritating). Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Special Instructions

- Starting a few hours after surgery you can apply cold compresses to your chest for 10 minutes 3-4 times a day for 2 weeks to decrease swelling (a clean moist hand towel placed in freezer for 20-25 minutes, not an ice pack). Check colour of your nipple/areola, if purple please call the clinic or see after hour care.

Drain Care

- If drains have been placed, please follow the verbal instructions to have them removed 24-48 hrs following surgery
- When drains are removed a small amount of yellow/pink/ blood tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto the drain site daily and cover with gauze or a Band-Aid.
- Drain sites will close in 3 to 7 days.
- Okay to shower chest 24 hours after drains removed.

Follow Up Care

- Dr. McInnes will let you know which location to visit for your in-office follow up appointments. Please call the office to confirm the time (604-515-8847). Dr. McInnes may call you the evening of surgery to see how you're doing, please try to answer your phone (even if it's from "unknown caller").

After Surgery Care

- For general inquiries/questions email office@doctorm.ca or call the office.

Weekday Care (8 am to 5 pm)

- If there is a concern about your surgery or your healing please call the office.

Weekend and After Hour Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes (or the plastic surgeon on call if he's not available).

Contact

- Office phone: 604-515-8847
- Office address: 307 – 233 Nelson's Crescent, New Westminster, BC.