



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

**GYNECOMASTIA
(MALE BREAST REDUCTION)
AFTER CARE INSTRUCTIONS**

- 1. You will be discharged home in a garment covering the areas we treated. You will need to wear the garment for 24 hours a day for the first 10 days and then 12 hours per day for the next 3 weeks. You can remove the garment to shower the day after surgery. Please have someone there to assist you with your shower. Many patients experience light-headedness and may even faint.**
- 2. You can put the garment in the washer and dryer while you are showering and then put it back on in 1-2 hours.**
- 3. Oozing is expected from the treated areas for approximately 24 hours. The fluid will be pink or red tinged with blood and will be more noticeable when you are up to the bathroom or walking. This is normal.**
- 4. It is important to be walking early and frequently. Keep your legs elevated for the first 2-3 days. Move your legs and ankles while in bed.**
- 5. Avoid refraining from any strenuous activities for 3 weeks.**
- 6. Swelling and bruising is normal following surgery. Bruising may be apparent for as long as 1-2 months afterwards. The bruises will move down your body as they are absorbed.**
- 7. You may experience muscle soreness as opposed to sharp pains for the first week after surgery. You will be prescribed pain medication following surgery. Take the medication as needed for pain.**
- 8. You will be prescribed a anti-nausea medication following surgery. Take the medication as needed for nausea or vomiting. Discontinue the use of pain medications until nausea or vomiting is under control.**
- 9. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**