

**ROD J. ROHRICH, M.D.**  
**PLASTIC SURGERY**

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**GYNECOMASTIA (Male Breast Reduction)**  
**AFTER CARE INSTRUCTIONS**

1. After surgery, it is important for you to have someone available to stay with you for the first 24-28 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to be walking early and frequently, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk for blood clots.
3. Please take 15-20 deep breaths per hour, frequently to keep your lungs clear.
4. **DO NOT SMOKE.** This is very important.
5. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
6. Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. The pain medication and muscle relaxant we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after the surgery for pain and/or discomfort. You may take the Xanax every 8 hours for the first 24/48 hours for anxiety. It is best to take pain medication with crackers, jello, etc. Do not drink alcohol while taking pain medication.
7. It is important to refrain from any strenuous activities for 3 weeks after surgery. Keep the heart rate below 100 beats per minute. Gradually work to pre-surgical activities beginning slowly at the 2<sup>nd</sup> week. Avoid strenuous activity and lifting of objects heavier than 10 lbs. for 3 weeks (keep heart rate less than 100 beats per minute.)
8. The compression garment and topifoam must be worn **AT ALL TIMES** for **THREE WEEKS**. This is to minimize scarring, promote healing and maximize your postoperative result. You may remove the garment beginning on the 3<sup>rd</sup> day before showering.
9. After 3 weeks you only need to wear the compression garment at night. Many patients continue to wear the garment for comfort.
10. Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. Massage can begin 2 weeks after surgery. Request a Swedish lymphatic massage therapist.
11. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun or tanning booths should be avoided and use a sunscreen with SPF 20 or greater (with both UVA and UVB protection) for at least 6 months.

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AFTER CARE INSTRUCTIONS (continued)**

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**WHAT TO EXPECT AFTER GYNECOMASTIA**

- Many patients say that the pain equivalent of gynecomastia is similar to having an extremely hard workout and/or skin sunburn. The pain is not sharp but more of an ache.
- The body retains fluids in response to surgery so do not expect to see any immediate breast loss for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds.
- Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.
- It is normal to have an itching and/or numbness following surgery in the areas that underwent gynecomastia. This will gradually subside over the next 2-3 months.

**MASSAGE THERAPY**

Massage therapy can be beneficial following liposuction surgery beginning 3-4 weeks after the procedure. The following names are therapists Dr. Rohrich recommends for this optional therapy. You can call them directly to set up an appointment if you so desire.

Suggested therapy is 2-3 times per week for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction. We also recommend circular massages with vitamin E oil and external ultrasound heat therapy as needed.

<b>Name</b>	<b>Phone</b>	<b>Rate</b>
Kelly Hanna .....	214-956-0897 Messages .....	\$70 to \$85 per hour
	214-502-2549 Mobile	
Leslie Maurer .....	214-820-8100 .....	\$50 per hour
Barbara Kortemyer, MS.....	214-340-7542 H.....	\$70 per hour
MT3000381 TX registration	214-249-2001 Pg/MV	

## **GYNECOMASTIA (Male Breast Reduction) AFTER CARE INSTRUCTIONS (continued)**

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It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at UT Southwestern Medical Center office at 214-645-2353 or Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

### **IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH**

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870  
Dr. Rohrich's email: [rod.rohrich@utsouthwestern.edu](mailto:rod.rohrich@utsouthwestern.edu)  
Dr. Rohrich's website: [www.drrohrich.com](http://www.drrohrich.com)

Dallas Plastic Surgery Institute  
9101 N. Center Expressway, Suite 600  
Dallas, TX 75231  
214-821-9114  
Contact: Marsha Kashata

UT Southwestern Medical Center at Dallas  
Outpatient Building  
1801 Inwood Road  
Dallas, TX 75390-9132  
214-645-3119  
Contact: Rebecca Watson