



Dr. Avi Islur Surgery

Male Chest Reduction Post Operative Care 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 5 to 7 days. If they come off sooner that is okay.
- You can shower 24 hours after surgery unless you have drains in place. Wash with soap and water.
 - Do not soak your surgical sites - no pools, hot tubs, or lake 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 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 a day once steri-strips are removed.

Compression Vest Wear

- Wear a compression vest- unless otherwise directed for 3-4 weeks

Two Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream. 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 open vest and apply cold compresses to your chest for 10 minutes 3-4 times a day for 2 weeks to decrease swelling (clean wet hand towel placed in freezer for 20-25 minutes. Not an ice pack) Check the colour of your nipple/areola. If purple please call the clinic or see after hour care

Drain Care

- If drains have been placed, please contact clinic location where you saw Dr. Islur to have drains removed following surgery when output is less than 30ml/24 hrs.

- St Boniface ACF clinic nurse at 204-237-2800
- First Glance Clinic at 204-885-1569

- 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 drain site daily and cover with gauze or a feminine hygiene pad.
- Drain site will close in 3 to 7 days
- Okay to shower chest 24 hours after drains removed

Follow Up Care

Dr. Islur will let you know which location to visit for your in-office follow up appointments.

The First Glance Aesthetic Clinic
1851 Grant Avenue, Winnipeg, MB, R3N 1Z2
tel: 204-885-1569

St. Boniface Hospital ACF Clinic
409 Tache Avenue, Winnipeg, MB R2H 2A6
tel: 204-237-2290

St. Boniface Clinic
343 Tache Avenue, Winnipeg, MB, R2H 2A5
tel: 204-925-9559

After Surgery Care

For general inquiries/questions email info@drislur.ca or speak to one of the clinic staff members.

Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic where you saw Dr. Islur and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak with Dr. Islur or the plastic surgery resident on call.