

What to expect after masculinization surgery (female to male mastectomy):

- Your chest will be flatter, but will be swollen for 4-6 weeks. You may have some bruising.
- You can expect to be uncomfortable for 7-10 days. You will receive a prescription for oxycodone with acetaminophen. Most patients do not need narcotics after the first three days. If your pain is not severe, you can take Acetaminophen (Tylenol) or Ibuprofen (Advil or Motrin). Wait until 48 hours after surgery to take Ibuprofen.
- You will have a chest binder in place when you leave the hospital.
- You will have stitches that are dissolvable and tapes underneath your breasts. We will take them off and replace them in 2-3 weeks. The tapes help to form nicer scars.
- If you had free nipple grafting, there will be yellow pressure dressings over your nipples. These help to make sure the nipple survives and establishes blood supply. Leave the dressings alone. Do not remove them. Do not get them wet.
- You will have two drains; one coming out from each side of your chest below your arm pits. They will drain bloody looking fluid. This is normal.

Discharge Instructions:

- Leave the chest binder and dressings in place until we see you for your first follow up visit
- Your first follow up visit will be between 3-5 days after the surgery.
- After the first follow up visit, you can shower normally. Do not immerse your chest in water.
- Before the first visit, you can bathe in a tub, keeping your chest dry and binder on, or sponge bathe.
- Do not lift anything heavier than a gallon of milk for one month.
- Do not raise your arms higher than your shoulders to lift or reach for objects.
- No strenuous exercise for 4 weeks. Walking is fine and encouraged.
- Do not sleep on your stomach for 1 month. Side sleeping is ok.
- Record the drainage from the drains and “strip” the drains once a day.

Please call the office or the nurse practitioner (347-501-1439) if...

- You have a fever greater than 100.5 °F
- You seem to be bleeding and it won't stop. A little bit of blood on the tapes or dressing is fine.
- You have swelling or a lump that is growing, or have more swelling on one side.
- You feel an uncomfortable amount of fullness or pressure, esp. on one side
- You notice a funny odor, or yellow, pus- like discharge from the incision sites or in the drains.