



**Mr Lucian Ion** FRCS(Plast)  
*Consultant Plastic Aesthetic and  
Reconstructive Surgeon*

## Male Breast Reduction

### *Post - Operative Instructions*

You will need to sleep on your back for 2 weeks. Avoid any activity that puts stress on the wounds, this includes raising your arms above your head, lifting and twisting etc. Try using pillows or cushions to prop yourself up. You should avoid driving for at least 7 days.

To help decrease the amount of bruising and swelling, we suggest that you take Arnica for one week prior to surgery and two weeks afterwards.

If you have a large area of bruising, or it is clearing slowly, you can apply some Lasonil cream to the area with gentle massage.

Avoid strenuous exercise or anything that is likely to increase your blood pressure, particularly within the first 10 days, otherwise these can be resumed in 4 –6 weeks. Contact sports are to be avoided for the first two months after the surgery, as they can lead to injury of the area.

Please avoid taking aspirin/anti inflammatory tablets as these can cause bleeding. You may recommence your usual medication as soon as you can eat or drink unless otherwise advised.

You need to rest the area that has been suctioned as much as possible, although it is important to move around a little. Walking around your room once an hour would be enough to try and prevent the occurrence of a blood clot.

You may be discharged with some antibiotics and it is important that the whole course is completed. You will also be discharged with some pain medication.

If the pain killers are not covering your pain, please advise Mr Ion's practice nurse and we can review them.

### Contact Information

During office hours you are welcome to telephone or visit Mr Ion's nurse at the consulting rooms. Please call her prior to your visit on

**0207 486 77 57**

In an emergency or in case of doubt regarding your surgery and post operative condition, out of office hours, please contact Mr Ion's nurse on

**0774 96 44 519** or the hospital where you had your surgery:

West London Clinic

**0208 222 7999**

The Wellington

**0207 586 5959**

The Cromwell Hospital  
Resident Medical Officer

**0207 460 2000**

St Luke's Hospital

**02073884954**

The Hospital of  
St John & St Elizabeth

**0207 806 4000**

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[www.aesthetic-plastic-surgery.co.uk](http://www.aesthetic-plastic-surgery.co.uk)