

Dr. Medalie Post-Operative Instructions and Dressing care for ftm mastectomy patients.

If the drains need to be pulled first, clip the suture on the chest wall, release the vacuum on the drain bulb and then pull firmly. The drain will slide out. Apply Bacitracin to the drain hole (expect drainage for several days).

After the drains are out, you can shower and pat dry. Do not rub nipples.

Apply Bacitracin ointment and a no-stick pad to nipples and incision two times per day and apply clean pads and the compression vest for 10 days after the drains are out.

After that, use Vaseline on the nipples and moisturizer (coco butter etc.) on the incisions for 2 weeks and then as needed to keep the incisions and nipples from drying out. Gentle massage of incisions (not grafts) should commence at three weeks. For patients with nipple/areolar grafting, it is very important to avoid shear or drying out of the nipples for at least 1 month post-operatively. Patients with the peri-areolar procedure should expect bunching of tissue around the areolae for several months. Start massage of the bunched skin starting three weeks post-op.

Expect swelling and bruising to take several weeks to resolve.

The nipples will have some peeling and blistering (this is normal)-final nipple healing takes at least 8 weeks, and discoloration can persist for months (especially in darker skinned patients). Sensation will take many months to return and will never be normal.

No heavy exercise for at least three weeks after the drains are out. It is ok to start walking and use a treadmill or exercise bike as soon as you feel like it, as long as the arms are not used too much. Back packs are ok if they don't cross the nipple. It is ok to resume work as long as it does not involve lifting greater than 10 lbs. Please avoid shear or irritation against the nipples while exercising.

Please e-mail me with any questions and digital photos of the nipples in 1 month at dmedalie@metrohealth.org. You can also contact my nurse, Andrea at agallup@metrohealth.org.

Logistics questions such as gender change letters are best addressed to my secretary, Valerie, at vrowan@metrohealth.org. Or call 216-778-4450.

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