

## Pectoral Augmentation (Implants)

### PROCEDURE

Pectoral augmentation is the enhancement of the male chest by placing a prosthesis under the pectoral muscle. Pectoral implants are made of a solid silicone gel. The prosthesis is inserted through an incision in the axilla (arm pit).

### PRE-OPERATIVE

Prior to booking surgery, you will need to decide who your support person will be. It is important that they are aware of the type of surgery you are having, that they are comfortable helping with incision care/are not “squeamish”, and that they are available solely to you during your immediate recovery period (they should not have any other commitments). At the minimum, you cannot be left alone for the first 24 hours after surgery; however, you will also need help with personal care/hygiene, meals, household chores, childcare, etc. for several days. In addition, you should refrain from driving until after you are seen in office postoperatively.

After a surgical date has been confirmed, you will receive more specific information and a review of what you are required to complete before surgery. If you live out of town, we strongly recommend making arrangements to stay in Victoria overnight after your procedure. There are a few nearby hotels that offer discounts to our patients; they are listed on our website. Once you have booked your date, please ensure you have the following supplies on hand:

- Stool softener (i.e. Colace or Senokot) as pain medication may cause constipation
- Tylenol Extra Strength
- Ibuprofen 400mg

### DAY OF SURGERY

The procedure is done under a general anesthetic so you will be advised to fast after midnight the night prior. You must be discharged from the clinic with a responsible adult (preferably the person who will be helping care for you after surgery). A prescription for pain medication will be provided if needed. Arrival time for surgery will not be provided to you until about 1-2 weeks prior, so it is important that both you and your support person do not have any other responsibilities that day.

### POST-OPERATIVE & LONG-TERM FOLLOW-UP

You can expect mild to moderate bruising and swelling post-operatively, peaking at around 72 hours and slowly resolving over the first couple of weeks. Slight breast/chest asymmetry is quite commonly seen in the early stages of healing. Many patients experience a feeling of heaviness or tightness on their chest – this is normal *unless* you experience shortness of breath (which should be disclosed to the clinic immediately). Dressings remain in place for 48 hours.

You will be discharged in a supportive chest garment or vest to help hold the implants and dressings in place. This garment is typically worn for about 4-6 weeks after surgery.

## POST-OPERATIVE & LONG-TERM FOLLOW-UP, CONTINUED

It may be uncomfortable to lie flat, therefore, an inclined position (support with pillows) of approximately 45 degrees is suggested for 3-5 days post-op.

You should use ice packs to reduce swelling for the first 72 hours and as needed thereafter. Our office nursing staff will see you in follow-up as required, usually around 5-7 days after your surgery, and subsequently as needed to review incision care and scar management.

Gym and/or workout routine can typically be resumed at four weeks, slowly working up to full activity at six weeks. You CANNOT do any heavy lifting (more than 10lbs) for a full six weeks. In addition, any activity that relies predominantly on pec muscle engagement should be avoided for six weeks.

Though rare, post-operative complications from any procedure are possible. These can include bleeding (hematoma), infection, seroma, asymmetry, contour abnormalities, malposition or displacement of implants, and unsatisfactory scarring. Altered sensations (numbness, tingling, and/or hypersensitivity) are to be expected while you are healing, and can persist for several weeks or months. Our health care team follows you closely to recognize and treat any complications, should they arise.

As with any surgery, results cannot be guaranteed. The goal of cosmetic plastic surgery is improvement, and perfection is not attainable. Final results depend on many factors and healing can vary from patient to patient. It is important to remember to have patience during convalescence to allow your body time to recuperate and settle.

Dr. Robinson will assess you at approximately 6 weeks post-op and again at approximately 3 months post-op to assess your result. Post-operative photos may be done at this time. If revisions are required, they would be discussed, and a surgical plan set up at that time.