

## **PREPARING FOR BREAST RECONSTRUCTION w/TRAM/LATISSIMUS FLAP FOLLOWING MASTECTOMY**

**What to expect** - you can expect 3-5 days hospitalization along with bruising and swelling for several weeks.

### **6 WEEKS BEFORE SURGERY**

Your surgeon may request you abstain from smoking and all tobacco products 6 weeks before and 6 weeks afterward. Failure to abstain from tobacco may result in post-surgical complications as this may prolong the healing process.

### **2 WEEKS BEFORE SURGERY**

**Medications** - Discontinue Aspirin and Aspirin-like products, Ibuprofen (Motrin), Naprosyn (Aleve), Vitamin E tablets and certain herbs like Ginko Bilolba, St. John's Wort, Ephedra 2 weeks before surgery. If you have concerns about other herbs or vitamin restrictions, please phone our office. You may take Tylenol (Acetaminophen) at any time.

**Pre-admissions appointment** - must occur before surgery, unless otherwise directed by your surgeon.

### **BEFORE SURGERY**

**Diet** - Do not eat or drink after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

## **POST-OPERATIVE INSTRUCTIONS**

### **MEDICATION**

- Take all medication as prescribed. Avoid Aspirin and Aspirin-like products for 2 weeks after surgery. Tylenol (Acetaminophen) can be taken. Please limit Acetaminophen to 4gm (4000mg) in a 24 hour period.

### **DIET**

- Eat and drink easily digested foods such as Jell-O, ginger ale, canned soups, etc. These are tolerated well the first 24 hours after surgery. If you are not nauseous you may resume your normal diet.
- Drink plenty of fluids and eat fruit and high fiber foods to avoid constipation.

### **HYGIENE**

- You may shower and wash your hair 48 hours after surgery. Pat incisions dry. No baths please.

### **ACTIVITY**

- No lifting over 10 lb. until cleared by the doctor. Walk bent over until comfortable in an upright position.
- No driving for 1-2 weeks until cleared by the doctor and you have not taken prescriptive pain medication for 24 hours.
- When at home, take frequent rest periods - you may walk for short distances. Some walking is important to prevent clots from forming in your legs. Let comfort be your guide. If it hurts, don't do it.
- No heavy household chores.
- Check with your doctor before resuming jogging, aerobics or any vigorous exercise.
- Wait 3-6 weeks before resuming sexual activity.
- Avoid sunbathing for 2-4 weeks until cleared by the doctor.
- Refrain from smoking for 6 weeks as smoking retards the healing process.

### **WOUND CARE**

- Suture lines and umbilicus should be kept clean and dry. You may clean these with hydrogen peroxide if drainage is present. A small amount of clear pink drainage is normal.
- If Steri-strips are present, leave them in place until the first post surgery visit.
- Change drain site dressings as needed. These areas may drain for several days.
- If drains are in place, remove dressing around drain and place antibiotic ointment (Polysporin/Neosporin) before showering. After showering, clean around drain with hydrogen peroxide and place Polysporin ointment and dry dressing.
- When drainage is less than 30cc within 24 hours, please call our office for drain removal.

### **NOTIFY YOUR DOCTOR IF**

- You have a fever of 101 degrees or more which lasts for 24 hours or longer.
- You develop any excessive swelling, redness or warmth of incisions.
- You experience severe pain not responding to prescribed pain medication.
- You develop thick, odorous drainage or bleeding that doesn't subside.
- You have any shortness of breath.

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