

WEST COAST PLASTIC SURGERY CENTER

BREAST RECONSTRUCTION WITH A TRAM FLAP

POST-OP INSTRUCTIONS

ACTIVITY

1. You will be in the hospital for a few days. When you get home you will need to rest frequently. You may walk around the house as tolerated. Avoid stairs if possible.
2. You will not be able to stand up straight for the first week. It will be normal to walk at a 45 degree angle bent at the hips. Your back may become sore in this position. You can try to stand up straight after the first week as tolerated.
3. For the first week post-op sleep on your back with your head elevated and knees bent with a pillow underneath them. This will keep the tension off your abdomen. Do not sleep on your side.
4. Every 2-3 hours take deep breaths to expand your lungs.
5. Avoid picking anything up greater than 1-2 lbs the first week. The doctor will advise you when you can start lifting anything heavier.
6. Do not exercise until the doctor says you may do so.
7. You may not drive the first week or while you are taking pain medication. After that it will depend on your ability to handle a car without causing any discomfort. You should wear your seatbelt at all times.
8. No smoking or being around smoke at least the first 2 weeks after your surgery. This will interfere with your healing.

DIET

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides.
3. Avoid foods that can cause a lot of gas. This can cause abdominal distention and undue discomfort. Small frequent meals are best.
4. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

DRESSINGS

1. You will have an abdominal binder over your abdominal dressings. You will also have dressings on your breasts. You do not need to change them. You should wear the binder most of the time for 3-4 weeks.
2. It is normal to have numbness over the surgical sites for several weeks or months.
3. Do not use a heating pad around the surgical sites. It could cause a burn.
4. You may not shower the first week - sponge bathe only, until dressings are removed at your first post-op visit.
5. It is normal to see dried bloody drainage on the bra or the abdominal binder.
6. You will have 1-2 drains in your abdomen and each operated breast, which may stay in for 1-2 weeks. Please follow drain care instruction sheet and bring it to your follow up appointments.

MEDICATIONS

1. Take your antibiotic until it is completed.
2. If the pain medication is a narcotic it should be taken as prescribed. Do not take any Tylenol while on pain medication. The medication we prescribe may already have Tylenol in it.
3. Do not drink alcohol or drive a car while taking pain medication.
4. The pain medication may cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Vitamin E and Ibuprofen (wait at least 5 days post-op).
6. If you take aspirin or coumadin check with the doctor to see when you may resume them.

CALL THE OFFICE AT (805) 728-1749 IF YOU HAVE:

1. A temperature greater than 101 degrees

2. Excessive bleeding from the incision.
3. A sudden increase in drainage, pain, or swelling around the incision site or the surrounding area.
4. If you have persistent vomiting, have a pharmacy number so that a script can be called in.
5. Any questions you may have regarding your care.

**IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE
CLOSEST HOSPITAL.**

I certify that I have received these patient instructions.

Patient signature/Date