

OLYMPIC PLASTIC SURGERY CENTER

TRAM FLAP BREAST RECONSTRUCTION POST – OPERATIVE INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive for 3-4 weeks. When abdominal area will allow for sudden braking, you may resume driving.
- Unless stated on this form, discuss your time off of work with your surgeon.
- No heavy lifting for 6 weeks.

INCISION CARE

- You may shower 48 hours post-operatively
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- You may apply cool compress to the abdominal area but not to breast area. Do not use a heating pad: heat may burn the area.

- You may wear a loose fitting bra.
- Sleep with pillows under knee (some women choose to sleep in a recliner or lounge chair).

WHAT TO EXPECT

- Maximum discomfort will occur the first few days following surgery: you may experience incision discomfort and generalized discomfort in your breasts and abdomen.
- Oozing can be expected.

APPEARANCE

- A new breast(s) mound(s) will be constructed with/without sutures around the outer edges.
- The abdomen will be tight and much flatter in appearance.
- The majority of swelling will subside in 3-4 weeks, but some swelling may persist for up to 3 months.
- You will walk bent over and will slowly rise over the first 1-2 weeks.

FOLLOW-UP CARE

- Drains will remain in place for 7-10 days and will be removed in the office when drainage adequately controlled.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 101.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

FOR MEDICAL QUESTIONS, PLEASE CALL:

- (360)479-4370. After hours, the answering service will put us in contact with you.

