



BOULDER PLASTIC SURGERY Prof., L.L.C.

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***AFTER YOUR TRAM FLAP BREAST RECONSTRUCTION -
Returning Home From The Surgical Facility***

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 4-6 weeks. You'll feel tired and sore, and will sleep intermittently. Your energy levels will gradually return. Take several rest periods during the day to "recharge".
2. If your stomach feels fine, progress to foods, as you desire. If you are at all nauseated, do not eat solid foods, just drink small amounts of clear liquids, until the nausea passes. If it persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating to avoid nausea. Most patients find narcotic pain medication unnecessary during the day after about 3-5 days, but still helpful at night for 10-14 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persist, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post operative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your reconstruction.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. Your bandages and drains will be removed in the office 5-7 days after surgery. "Strip" your drains to avoid plugs and maintain free flow.
8. You should sponge bathe until bandages are removed. Bandages must remain dry. Ice packs for comfort, 7-14 days as needed to your abdomen, **but not to the breast area**, helps.
9. Call the office if you experience persistent nausea after arriving home; temperature over 101 degrees; pain that is not controlled with your pain medication or swelling that is alarming or asymmetrical (if bilateral procedure).

10. Sleep on your back at 45 degree angle on 2 or more pillows the first week after surgery. Change your sleeping position depending on comfort. You will *not* be able to sleep on your chest comfortably for 6-8 weeks, perhaps longer.
11. After you leave the hospital you will need to call for an appointment to follow up in the office, within 3-5 days.
12. Call the office if you have any further questions or concerns. **303.443.2277**
13. Please also review and be familiar with the after your breast reconstruction section in the patient information material, as well as the summary sheets supplied with your preoperative packet.

