

## Instructions for TRAM Flap Reconstruction

### PRE-OPERATIVE INSTRUCTIONS

- Aspirin - Do not take Aspirin or Aspirin containing compounds for two weeks before or after surgery. Aspirin may cause increased bleeding and bruising. You may take Tylenol.
- Smoking - No smoking for THREE MONTHS before and after surgery. Smoking will result in poor wound healing, poor scarring, and additional surgery.
- Medications - Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc.) please take as usual.
- Illness - If you develop any symptoms of a cold, cough or infection, call our office for advice.
- Fasting - Do not eat or drink anything after midnight the day before surgery.

### DAY OF SURGERY

- Shower and shampoo the morning of surgery and report to the hospital at the designated time.
- Do not bring jewelry or valuables with you.
- Wear loose comfortable clothing. Preferably something that opens in the front (either buttons or zips) to wear home from the hospital.
- Someone must drive you home from the hospital. Also, a responsible person should stay with you the first night home.

### POST OPERATIVE INSTRUCTIONS

1. Rest at home for the first 24 hours after discharge. Sleep on your back with your head elevated on two pillows.
2. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take medication on an empty stomach as it may cause nausea.
3. Showering and shampooing is allowed as soon as you are home. After the dressings have been removed in the office, wash suture lines daily with soap and water. You may have drainage tubes (usually 2-3) which will be removed when the drainage decreases.
4. Do not apply lotion or Vitamin E oil to the suture lines. You may be instructed to use Neosporin or Bacitracin ointment on the suture lines.
5. Avoid strenuous exercise such as jogging, running or aerobics for 3-4 weeks after surgery. Walking is good exercise. You may drive within several days of surgery when you feel comfortable and in control of the vehicle. You may resume sexual activity when you feel it is appropriate.
6. Your sutures will dissolve on their own and do not need to be removed. You will be given scar care instructions when the incisions are healed.
7. You may experience some bloody drainage from your incisions. Use gauze pads, sanitary pads, or nursing pads as necessary to avoid soiling your clothing. Sterile dressings are not necessary.

8. Despite the greatest care, any wound can become infected. If your breast becomes more swollen, red, starts to drain profusely or becomes increasingly more painful, contact our office for advice.
9. It is not uncommon to develop fluid accumulation in the abdomen as well as the reconstructed breast after drains are removed. Do not be alarmed. Usually the body will absorb the fluid as the healing process continues. If the accumulation of fluid becomes uncomfortable, it may be drained without discomfort in the office.
10. Do not wear a bra following your surgery. Camisoles or stretchy undershirts may be worn. We will tell you when you may begin wearing regular bras.
11. Return to work will be discussed with you by the physician during follow-up appointments.

#### **THINGS TO REPORT TO THE OFFICE**

- Severe pain unrelieved by medication.
- Temperature of 101 degrees or greater.
- More swelling and/or pain on one side than the other.
- Nausea or vomiting.
- Increased redness of chest skin.

Should any of these conditions exist, or should you have any concerns about your surgery you can reach the office at 717-728-1700 or Dr. Stratis on his cell number 717-574-2116.