



## BREAST RECONSTRUCTION W/ TRAM INSTRUCTIONS

(IN ADDITION TO THE GENERAL INSTRUCTIONS)

### PRE-OPERATIVE INSTRUCTIONS

- Do NOT smoke at least 4 weeks prior to surgery
- Do NOT take ASPIRIN or aspirin-containing products for at least 2 weeks prior to surgery
- Do NOT take any of the medicines/vitamins listed on the medicine sheet 2 weeks prior to surgery
- Remove any jewelry or adornments of the abdominal area and belly button prior to surgery

### POST-OPERATIVE INSTRUCTIONS

- Keep the head of your bed elevated at all times, avoid laying flat or standing up perfectly straight during the first week; pillows under the knees are helpful
- Do NOT take pain medication on an empty stomach, this can increase nausea
- Swelling and bruising is to be expected, especially in the upper and lower abdomen and breast; this will resolve over several weeks
- You may shower, however, Do NOT allow incision sites to be submerged under water
- Drain care will be instructed by the nurse or physician, please obtain our “drain care” instructions to assist in measurements
- Steri-Strip (white) tapes on incision sites will come off on their own, please do not remove these
- Do NOT lift or push anything greater than 20 pounds
- Do NOT engage in strenuous exercise and vigorous aerobic activity for 4-6 weeks. Walking and gentle exercise is permitted
- ACTIVITY and EXERCISE : you may walk and do routine activity around the house. climbing stairs is acceptable but limit yourself to only a few times a day. gentle stretching of the torso and arms is recommended
- Sutures are generally dissolving and will not need to be removed unless otherwise noted
- Please do not drive until instructed by your physician

### NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **Your abdomen becomes markedly swollen and tender**
- **If you develop a temperature above 101.5° F**
- **If you develop redness (like a sunburn) on your body**

*PLEASE CALL THE OFFICE AT 301-215-5955 IF YOU HAVE ANY QUESTIONS OR PROBLEMS*