

## POST OP INSTRUCTIONS --TRAM FLAP BREAST RECONSTRUCTION

### PAIN MEDICATION

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember not to take additional Tylenol on top of the prescribed pain pills.
- Don't wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

### DRAINS

- Drains should be emptied and measured twice a day (or more often if they fill up quickly).
- They should also be stripped or milked twice a day. Make sure the nurse shows you how to do this before you go home.
- You may have a clear dressing over the drains. Keep it as dry as possible. If the dressing comes off, wash around the drain sites daily with soap and water.
- The drains are removed when each drain is collecting less than 30 cc in a 24 hour period. Call the office to schedule removal of the drains.

### DRESSINGS

- Do not remove the steri-strips or paper tape that is directly on the incisions. Dry them after you shower.
- Any incisions that are not covered by tape or steri-strips (e.g. the belly button) should be kept moist with antibiotic ointment applied several times a day.
- Do not remove the clear dressing over the Doppler wire (the tiny thin metal wire that was cut by Dr. Kryger before your discharge).
- Do not wear a bra until instructed otherwise.

### SHOWERING

- You may shower the day after surgery, even if you have drains.
- Do not take a bath until instructed otherwise.
- The drains can get wet in the shower as described above.

### ACTIVITY

- Stay as active as possible. Walking, climbing stairs, and moving around helps the circulation and significantly reduces the risk of developing a blood clot.
- Avoid lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
- Do not exercise until instructed otherwise.
- You may drive once you are no longer taking pain medication.
- It is normal to be hunched over when walking. This will last several weeks.

### SLEEPING

- Avoid sleeping on your stomach until all soreness has subsided.
- Sleeping in a reclining chair or on your back with 2-3 pillows under your knees may be most comfortable.
- Sleeping on your side is also acceptable.



#### COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30 pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.
- Any change in the color or appearance of the flap (breast).

#### FOLLOW-UP VISIT

Call the office the day after surgery at (805)777-3877 to schedule your follow-up appointment in \_\_\_\_\_ days for removal of the drains.