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INSTRUCTIONS FOR HOME CARE AFTER BREAST RECONSTRUCTION SURGERY

PRE-OPERATIVE INSTRUCTIONS:

*You will receive and need to fill the following **prescriptions** prior to your procedure.*

Flexeril or valium, relaxation aids in healing and some discomfort related to your procedure.

Percocet, to be used for severe pain only. This medication can be taken every 6 hours, however, some patients may experience nausea or constipation so we encourage Tylenol for minor pain.

An antibiotic will also be prescribed for post-procedure.

Zofran, for post-operative nausea if needed, place under tongue.

you will also need from the pharmacy prior to your procedure...

Tylenol ES and non-sterile 4x4 gauze

*TRAM flap Breast reconstructions: **Fleet Phospho-Soda**, a bowel prep. See attached directions.*

POST-OPERATIVE INSTRUCTIONS:

DIET: Start with fluids in a small amounts and work your way up to **drinking at least 1 gallon of fluids daily post-operatively.** Cocoa-Cola, ginger ale, Gatorade, and tea are good fluids to start with. No DIET! Avoid citrus juices, dairy products and coffee for the first 24 hours after surgery as they can cause nausea.

Start eating slowly with bland, easy to digest foods such as clear soups, toast with jelly, Jello, or crackers. When you can tolerate these foods, you can start working your way into other foods.

ACTIVITY: You should avoid any strenuous activity until otherwise instructed by the doctor. You have no restrictions as to arm movements. You may feel discomfort with arm movement but moving your arms to do activities of daily living will cause you no harm **Getting up and moving around the house is encouraged but don't over-exert.**

BREATH: **Deep breathing** is extremely important after surgery. You will be given an incentive spirometer at the hospital and Dr. D'Amico will expect diligence use; every half hour, 4-5 times.

DRESSING: If a dressing was applied and you have excessive drainage, you may **ADD** gauze, **but do not remove any portion of the dressing unless otherwise instructed by our office.**

DRAINS: You may or may not have drain(s) post-operatively. A drain is a thin tube with a bulb on the end. When compressed it creates a vacuum to suction fluid from the surgical site. The bulb will then collect the fluid. You will need to **empty the bulb every 8 hours** by removing the stopper located at the top of the bulb next to the tube. Record the amount of fluid in the bulb in relation to the numbers on the side of the bulb and empty contents into the sink or toilet. Re-compress the bulb, re-seat the stopper and re-pin the bulb to your dressing. **DO NOT DROP THE BULB AS IT COULD BECOME DISLODGED AND INEFFECTIVE.** **While, and only while you have a pain pump, only activate drain for one hour every four hours.**

SHOWERING: **Do not shower or take a bath until you are instructed** to do so by Dr. D'Amico.

I acknowledge receipt of these instructions and have had all my questions answered.

_____ Signature _____ Date

_____ Signature _____ Date