



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

TRAM BREAST RECONSTRUCTION HOME INSTRUCTIONS

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- You MUST take it easy for 4-6 weeks.
- Do not do any strenuous activity.
- Do not try to sit up without using your arms for support.
- Do not lift more than 5 lbs.
- Move your legs and feet often while resting.
- Deep breathe every hour while awake to clear your lungs.

MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You MUST continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

WOUND CARE

- ***Do not smoke!***
- Change dressings daily using dry sterile gauze. Cover the abdomen with the abdominal binder (not too tight) and the breast with the surgical bra.
- Empty the drains every 8-12hrs and record the amount for each one separately. The drainage bulb must be recompressed after emptying to maintain suction of drainage from the incision.
- You may have some bloody discharge around the drain tube. You may reinforce the dressing with gauze as needed.

PROBLEMS

Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Heat or redness at or near surgery site.
- Change in color or temperature of the new breast skin.
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief. You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

SPECIAL INSTRUCTIONS _____

FOLLOW - UP

- Please call (817)820-0000 tomorrow to schedule your post-operative appointment (unless previously scheduled)