



PLASTIC SURGERY, PLLC

Steve Lee, M.D., F.A.C.S.

BREAST RECONSTRUCTION W/ TRAM INSTRUCTIONS (IN ADDITION TO THE GENERAL INSTRUCTIONS)

PRE-OPERATIVE INSTRUCTIONS:

- NO smoking at least 4 weeks prior to surgery.
- NO ASPIRIN or aspirin-containing products for at least 2 weeks prior to surgery.
- NO 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
- NO 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.
- Do NOT allow incision sites to be submerged under water when showering.
- Drain care will be instructed by the nurse or physician, please obtain our “drain care” instructions to assist in measurements.
- NO removal of Steri-Strip (white) tapes on incision sites. They will come off on their own.
- NO lifting or pushing of anything greater than 20 pounds.
- NO 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.
- NO driving allowed 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 718-395-8118 IF YOU HAVE ANY QUESTIONS OR PROBLEMS