

WHAT TO EXPECT FOLLOWING YOUR PEDICLE TRAM SURGERY

Before Surgery

- 1 week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc as these can increase your risk of bleeding during and after surgery.
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox, or Fragmin.
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery.
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water.

Hospital Stay

- You will likely remain in the hospital for 2-3 nights following your surgery.
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication.
- You will be discharged with drains in place. The nurses will teach you how to empty and record your drain output.

Activity following surgery

- No heavy lifting (greater than 10 pounds) or sports for 6 weeks. These activities use and twist your abdominal muscles, which increases your risk of an abdominal hernia.
- You may not drive for several weeks until you are comfortable wearing a seatbelt and have been cleared to do so by your surgeon.
- Please avoid raising your elbows higher than your shoulders or reaching your arms above your head have been cleared to do so by your surgeon, usually 1-2 weeks following surgery.
- If you received a breast care booklet, please do not begin exercises in the booklet until after your drains have been removed.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.
- You may use additional pillows under your legs for support when lying down (you should remain in a Beach chair position) to avoid tension on your incision.
- You may need to ambulate with your body hunched over to avoid tension on your abdominal incision.
- In order to prevent blood clots it is important to walk around as much as possible following this surgery.

ACTIVITY GUIDELINES FOLLOWING TRAM/DIEP FLAP RECONSTRUCTION

What is a TRAM/DIEP?

TRAM stands for Transverse Rectus Abdominus Musculocutaneous. DIEP stands for Deep Inferior Epigastric Perforator. DIEP flap surgery uses the lower abdominal skin and fatty tissue to reconstruct a breast following your mastectomy. TRAM flap surgery also uses the rectus abdominus muscle as well as the fatty tissue and abdominal skin. These activity restrictions are meant to protect your abdominal wall until it heals. Ultimately, we expect that you will return to full function.

What precautions do I have immediately following surgery? First four-six weeks

Typically there will be a drain in place to drain fluid from your chest. Because of the healing required right after surgery, your guidelines are:

- Leave the dressing on until they are removed in the office
- You may shower after the drain is removed, or when approved by your plastic surgeon
- Avoid tub bathing until the sutures are well healed, usually three weeks
- You may begin to work on regaining your arm motion when cleared by your plastic surgeon
- You may begin a walking program, but do not "break a sweat"
- Be mindful of your posture while you are healing
- Try not to be round shouldered or in a slouched posture

When may I resume my favorite activities?

Because we all heal at a different rate, you should check with your surgeon for any specific considerations for you. In general, one of the best rules of thumb is to pace yourself and gradually work back into resuming your typical lifestyle. It is important not to put too much force through your stomach too soon, so any activity that feels forceful or painful should be avoided. The timeframes below can serve as a guide for you, but also remember to let comfort be your guide.

Other restrictions may be in place because of other treatments you are having, so please feel free at any time to consult with your surgeon or nurse with any questions that you may have.

At four - six weeks it is safe to:

- Lift 10 pounds or less
 - Continue with a walking program-do not break a sweat
 - Work on regaining full shoulder motion
 - Begin driving if you are no longer taking narcotics for pain
 - Use a stationary bike-do not break a sweat
 - Light housework such as sweeping, ironing
- At six-eight weeks it is safe to:
- Lift up to 20 pounds
 - Moderate housework such as scrubbing floors, bathroom
 - Moderate yard work such as raking, weeding
 - Chip and putt with a golf club
 - Begin light hiking
 - Begin Tai Chi or yoga

At ten-twelve weeks it is safe to:

- Lift up to 25 pounds
- Have intercourse
- Run
- Ride a bike outside
- Swim
- Begin playing tennis
- Play recreational softball
- Fully participate in golf
- Hike
- Use machines in the gym, lightly
- Kayak
- Sail, but not pull lines At sixteen weeks it is safe to:

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- Gradually progress to unrestricted lifting
- Gym activities as you wish (except stomach crunches and traditional sit ups)
- Use a rowing machine
- Downhill and cross country ski
- Fully participate in tennis
- Play volleyball, full softball
- Rock climb
- Sailing as you wish
- Perform heavy household chores
- Perform heavy yard work
- Shovel snow
- Gradually progress to full Pilates