



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

POST-SURGERY INSTRUCTIONS: BREAST RECONSTRUCTION with TRAM FLAP

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of breast reconstruction and signs to watch for following a TRAM Flap breast reconstruction include the following:

Tightness in the chest or abdomen and stiffness; tingling, numbness, burning or intermittent shooting pain:

These are normal experiences as the skin, muscles, tissue and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Shiny skin or any itchy feeling: Swelling can cause the breasts or abdominal skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts or at the abdominal incision site. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. Your umbilicus (belly button) may be red, purple, swollen or bruised. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry, the breasts look different, or heal differently. Breasts may look or feel quite different from one another in the days following surgery. This is normal; no two breasts are perfectly symmetrical in nature or following breast reconstruction surgery.

OUR OFFICE SHOULD BE CONTACTED IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest.**

DAY OF SURGERY INSTRUCTIONS:

- Walk every 2 hours for 10min, while awake
- Resume daily activities as tolerated
- Take medications as directed
- You may resume all medications immediately after surgery
- Sleep at 45 degree angle (2 pillows) for 1-2 weeks
- Keep incision clean and dry.
- Do not remove steri-strips (little white or brown tape strips)
- You may shower 24-48 hours after surgery.
- Do Not Drive while taking a narcotic medication
- You may switch to Ibuprofen 24 hours after procedure
- Wear compression garment as directed
- Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery
- No exercising for 14 days after surgery
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"