

# Robert Louton, MD

BLAIR PLASTIC SURGERY

## **BREAST RECONSTRUCTION WITH LATISSIMUS DORSI FLAP - FACT SHEET**

1. DO NOT sunburn or suntan the surgical area one month before procedure.
2. Restrict arm activity; no arm movement above 45 degrees, ie., ironing for 2 weeks.
3. No heavy lifting (such as a toddler or bag of groceries) for 2 weeks, ie., nothing over 10 pounds.
4. Keep head of bed elevated for 3 days following surgery.
5. You may have a drain in place following surgery. Empty the drains every <sup>4</sup>~~two~~ hours for the first 24 hours then every 4 hours while awake. Keep track of the drainage per side. Re-compress the bulb after opening. Record measurements of drainage (right and left), date and time on drainage form.
6. You may shower in forty-eight hours if you do not have a drain in place. If you have a drain you may not shower until the drain comes out.
7. You may drive one week after your surgery.
8. Please wear compression garment or postop bra for 4 weeks following surgery.
9. DO NOT remove tape, keep taped area dry.
10. No exertion or lifting for 2 weeks.
11. You may begin gentle walking 1 mile a day after 2 weeks.
12. Return to normal activity in 3-4 weeks following surgery.
13. You may exercise after 1 month.
14. Return to Dr. Louton's office \_\_\_\_\_. Call for appointment.

### **MEDICATIONS:**

1. If an antibiotic is prescribed for you, make sure you take the medication exactly as ordered. Take all the pills you are given.
2. If a pain medication is prescribed for you, take the medication when needed every 3-4 hours for discomfort.

### **Watch closely for signs of infection**

- a. If wound becomes red, swollen, tender or hot to touch.
- b. If red streaks are seen coming from the operative area.
- c. If you develop a fever.
- d. If the wound breaks open or begins draining.
- e. If there is a constant or increasing pain at wound site.

**Please notify Dr. Louton for any problems day or night at (814) 949-7280.**