

Robert Louton, MD

BLAIR PLASTIC SURGERY

TRAM Breast Reconstruction Fact Sheet – FACT SHEET

1. DO NOT suntan or sunburn the surgical area one month prior to procedure.
2. Walk bent over from waist for 10 days to 2 weeks. Use a cane to assist you if necessary.
3. Sleep in recliner or propped with pillows behind back and under knees.
4. Wear abdominal binder if recommended, **NOT TIGHT**, at all times for 30 days. If you wear abdominal binder or anything else around your waist tight it will strangulate your flap and cause tissue necrosis. Be cautious, the garment is meant to provide support only. Remove for 15 minutes while showering and then replace it. Wear TED hose for one week following surgery.
5. Empty drain every two hours while awake for the first 24 hours. After the first 24 hours, empty drain at least twice daily or as often as necessary. Keep records of the time and amounts emptied. Always compress bulb after draining.
6. For prevention of DVT: Flex and extend toes and deep breathe several times each hour.
7. If bleeding occurs, hold pressure over wound. If bleeding persists, notify Dr. Louton immediately.
8. Use prescribed prescriptions for pain as directed
9. Paper tape is applied to your wound. Keep it as dry as possible; however you may shower the next day and daily thereafter.
10. Avoid exercise or exertion for 30 days
11. Finish antibiotics
12. Begin taking Vitamin E 400 IU twice a day 2 days prior to surgery (one in the a.m. and one in the afternoon) and continue for 2 weeks after surgery.
13. Begin taking 81 mg. aspirin 3 days after surgery.
14. Watch the area for any signs of infection.
15. No exertion or lifting for 2 weeks.
16. You may begin gentle walking 1 mile a day after 2 weeks.
17. No exercising for 1 month.

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 begin draining.
- e. If there is a constant or increasing pain at wound site.

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