

INSTRUCTIONS FOR PRE & POST OPERATIVE TRAM

See the supplements recommendation for use in the pre & post operative period and medications to avoid list given to you at your initial consultation. Also take iron supplement for 1 month.

Rest in flexed position and sleep with pillows under your back and knees for 1-2 weeks or when the tension on your abdominal incision has subsided. Latissimus Dorsi patients lie more on the uninvolved back position.

If you have drain tubes—record the output. Once the drainage is less than 25-30cc in 24 hours for 1 or 2 days, call the office to schedule an appointment for drain removal. Be sure that the JP bulb is collapsed at all times. You may have a device that administers local anesthesia to the surgical area. If so, it will administer local anesthesia for approximately 48-72 hours. When the medicine reservoir is empty you can pull the tubes and dispose of the apparatus. If you feel uncomfortable you can call the office for assistance. You may shower 48 hours after surgery, unless otherwise instructed.

No smoking, no Nicorette Gum or Patches, this delays wound healing.

You may walk starting the day after surgery in a flexed position for 1-2 weeks or until tension on your abdomen has subsided. Relax for the first two days. Do not over do it, use common sense. Breathing exercise will help with circulation (oxygenated blood restores and helps eliminate after effects of anesthesia and impurities) and tension. Breathe through your nose and fill your lungs, slowly release through your mouth. Repeat 10 times each hour or anytime you feel lightheaded or nauseated. If nausea is persistent a prescription can be phoned in to your pharmacy. Generally there should be no exercise for three to six weeks following surgery. No stairs for one week. No sexual activity for 4 weeks. No driving until you are pain free and off pain medications. Drink fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased "over the counter", take as directed. No alcohol for two weeks. No hot tubs or baths for 4 weeks after surgery.

Scar therapy will be discussed during your post operative visits and will be referred to our skin care specialists if required.

Call the office for follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions (586) 779-3030 or After hours (313) 396-0787