



Vinod V. Pathy, MD, FACS
Aesthetic, Plastic, & Reconstructive Surgery

1525 Boston Post Road
Westbrook, CT 06498
860-333-1456

1010 Village Walk
Guilford, CT 06437
860-333-1456

330 Washington Street, Suite 410
Norwich, CT 06360
860-425-5300

Breast Reconstruction: TRAM Flap
Post-operative Instructions

- Your post-operative appointment is scheduled for _____.
- Empty your drains every 12 hours and record the measured quantities for each drain, separately, on a chart. Please bring this chart with you to your office visits. The amounts that are draining from each drain will determine when the drains may be removed. The drains may take up to 2 weeks before they may be removed. Once the drains are removed, you should keep a dry gauze dressing for 48 hours over the former sites on the skin to prevent drainage onto your clothing.
- Sponge-bathe only until further instructed. Usually, you may shower 48 hours after the final drain is removed.
- Apply a thin layer of Bacitracin ointment 2 times daily to your belly button and cover it with a Telfa nonadherent dressing.
- If Steri-Strips (butterfly adhesive strips) were used as part of your dressings for your incisions, do not peel them off. Once they begin to curl at their edges, you may trim the curled edges with a pair of scissors.
- If Dermabond (liquid skin adhesive) was used instead of Steri-Strips, it may take 2 weeks to dissolve. Do not apply Bacitracin directly over the Dermabonded area unless instructed as this may prematurely dissolve this dressing.
- Because of the risk of damaging the blood supply to your flap, we ask that you avoid wearing a bra for approximately 3 months. Please check with Dr. Pathy prior to beginning to wear any chest garments.
- Do not wear an abdominal binder as it can limit the blood flow to your breast flap.
- You have received prescriptions for _____ as an antibiotic, **Colace** as a stool softener to limit abdominal straining and constipation, and _____ for pain relief. You may alternatively take Tylenol for pain relief. You may stop taking your antibiotic after the final drain has been removed.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You may resume your pre-operative diet as tolerated.
- Restrictions are as follows:
 - Lay down in a flexed position for at least 2 weeks.
 - Do not lay on your sides for 6 weeks.
 - You must walk in a flexed position for at least 1-2 weeks post-operatively, and then gradually stand more erect.
 - Avoid all spinal twisting for 2 weeks, then you may gradually increase movements towards each side.
 - No driving for at least 3 weeks.
 - No heavy lifting (> 5 lb) for 6 weeks.
 - Avoid vigorous running, jumping, and pulling for 8 weeks.
- Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.
- A number of different modalities can limit scar formation post-operatively. Starting 2 weeks post-operatively, we normally recommend that you utilize Epi-Derm™ Silicone Gel Strips or Sheets (depending upon your incision type) from Biodermis™. This therapy may be purchased through www.drpathy.com by selecting **Online Products** from the menu bar at the left. Select **Recovery Products** from the subsequent menu. Select **Biodermis™**, and then **Products** at the top of the new menu bar. Silicone sheets should be applied overlying the healing scar for at least 12 hours daily, and ideally closer to 24 hours daily, with gentle cleansing of the scar performed once daily. An individual sheet may be re-used multiple times, with the average lifespan being 10-14 days.
- Other:

Please contact us with any additional questions or concerns.