



**TUAN A. TRAN M.D., M.B.A, F.A.C.S.**

**Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery**

*General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery*

## **Breast Reconstruction Post-Operative Instructions**

### **After Surgery**

- It is important for you to have an adult available to drive you home and stay with you for the first 24 hours after surgery.
- While resting, keep your head and shoulders elevated on at least 3 pillows for the first 24 hours. You may get up to the bathroom with help only.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or JELL-O. You may start a regular diet the next day.
- You may shower after 24 hours. Suggestion, cover dressing while in the shower
- For the first 48 hours keep your arm movements to a minimum. Your arms should NOT be used to support your body or to lift anything heavy.

### **Care of Wound/Special Instructions**

- The dressing should stay clean and dry for 3 days. You may change dressing and replace gauze as needed if the gauze becomes wet from discharge. After 3 days, you may remove dressing.
- Please keep suture and incision clean and dry. Do not remove fibrin glue or steri-strips.
- You may shower after 24 hours but cover your dressing while you're in the shower
- No bathing, swimming or soaking for 2-3 weeks or until cleared by your Dr. Tran.
- Do not go into a pool, pond, river, or stagnant water site for 6 weeks to avoid infection
- You may do light activities of daily living, such as feeding, key boarding, etc. Please do not lift anything heavier than 5 lbs on each side.
- The sutures are dissolvable.

### **Jackson-Pratt (JP) Drains**

To prevent the buildup of blood and fluid from occurring in the surgical site, therefore reducing risk of infection.



#### **How to care for your drain**

- The collection bulb should always be collapsed (flat) to maintain continuous suction
- The bulb needs to be emptied when it is filled with fluid or the bulb is no longer on suction
- The bulb may be pinned to clothing with a safety pin to prevent it from being dislodged or pulled
- Surgeon will usually remove the bulb when drainage is below 25~30 mL/day for two consecutive days

Figure 1



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### Emptying the drains

- Please strip the drain three times a day
- Wash your hands with soap and water before and after touching the JP drain.
- Uncap the drain and empty the contents into the measuring cup- note the amount in mL (Figure 2).
- Squeeze the center of the bulb and recap with drain plug (Figure 3).
- Record the time, amount of drainage and which drain it came from on the flowsheet cubic centimeter or milliliters (1 cubic centimeter = 1 milliliters)
- Discard the drain contents in the toilet.
- Keep the drain apparatus clean at all times.
- Bring the spreadsheet to the clinic for discussion.



Figure 2

Figure 3

### How to strip a JP drain of clogs

This procedure is performed when the drain is clogged and not draining

- Pinch the tubing as close to the dressing or body with your nondominant hand.
- Then use dominant hand to pinch the tubing near the first hand.
- Milking or stripping the drain is performed by sliding two fingers along the tubing towards the bulb (Figure 4).
- Repeat the steps above until obstruction is cleared.

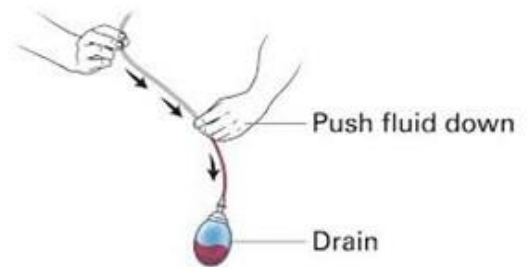


Figure 4

### Managing Pain

You can take Tylenol for the first 3 days in addition to your prescribed pain medications for pain control, starting as soon as you are able to tolerate a small amount of bland food such as crackers, toast or soup.

Do not take Motrin, Naproxen, Aleve, Advil or Aspirin until 3 days after surgery due to the risk of increased bleeding. After 3 days, you may take these medications in addition to the pain medication prescribed.

### Follow-up

At your pre-operative appointment, our office staff will schedule a follow-up appointment for you within 5-7 days following your procedure. At this appointment, Dr. Tran will check up on your wound and provide you with further care instructions.



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### **Possible Problems/Emergency**

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6:00PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

### **JP Drain Log**

<b>Date &amp; Site</b>	<b>8am</b>	<b>2pm</b>	<b>9pm</b>	<b>Total</b>