

DIEP Pre-Surgery Instructions

“
Thanks to Dr. Spiegel’s amazing work,

I can live the rest of my life not only
feeling good about the decision I made,
but also feeling great about the way that
I look.”

R.H., Patient

“
Dr. Spiegel and her staff have gone
through a lot with me and I have
thanked God more times than I can
count for bringing them into my life.
You can’t ask for a better doctor who
truly cares about her patients and goes
above and beyond to help them in any
way she can.”

J.V., Patient

“
Very good, as a rating is not
enough ~ “Exceptional” and
“Excellent” are far more descriptive
and accurate ratings.”

N.G., Patient

PLANNING AND PREPARING

Take the time to plan and prepare for surgery. Setting up your home environment to be as calm, clean and peaceful as possible will help in your recovery. Remember that you will have activity limitations after surgery, so you may want to do any strenuous chores ahead of time.

NUTRITION

It is very important to provide your body with good nutrition to help wound healing after surgery. Eat a diet with lots of fresh vegetables, lean protein, and fruit.

SMOKING

Nicotine is very detrimental to healing. Smoking compromises blood flow by causing spasm of blood vessels and significantly increases of wound healing problems. Therefore, DO NOT SMOKE for at least 8 weeks before and 6 weeks after surgery. This also applies to second hand smoke; therefore, do not stay in rooms with cigarette smokers.

EXERCISE

Continue your regular exercise routine but be careful not to do anything too strenuous that could potentially cause an injury.

MEDICATIONS

Do not take any medications containing aspirin or anti-inflammatories (Advil, Aleve, Cold formulas), herbal supplements, Vitamin E, or fish oil for at least **2 weeks** prior to surgery. These compounds have a tendency to increase bleeding and bruising. Tylenol may be used as it does not have these untoward effects. Please refer to the **Medication List** for full description of medications that need to be stopped prior to surgery. If you are on **Tamoxifen or Arimidex**, this medication needs to be stopped **3 weeks** prior to surgery as it may cause increased clotting.

SUPPLEMENTS

Iron supplementation with Vitamin C should be started as soon as possible prior to surgery to help build up the body’s iron stores. There are several iron supplements available, and some may cause gastric distress or constipation, although individual reactions may differ. They are best absorbed on an empty stomach with orange juice.

8-6 weeks before surgery

- Prepare your home
- Eat nutritious food
- Stay away from smoke
- Start iron supplements

4 weeks before surgery

- Get your Labs done
- Get any required Radiological testing done (Chest Xray, Mammogram, or CAT scan)
- Get an EKG or any required cardiac testing

2-3 weeks before surgery

- Stop Tamoxifen/Arimidex (3 weeks)
- Stop Medications (see list)
- Stay away from smoke
- Start iron supplements

3 days before surgery

- Wash with Hibiclens soap
- Shave

Night before surgery

- Pack hospital bag
- Do not eat or drink after midnight
- Get Good Sleep
- Set your alarm to arrive promptly

Pack your bag for the hospital

- Your Identification
- Reading glasses
- Comfortable zip-up or button top clothing to wear home
- Robe
- Toiletry Bag
- Favorite pillow
- Favorite Music player and headphones
- Eye Sleep Mask

Avoid taking supplements with milk or calcium supplements, which decrease iron absorption.

Examples of Iron supplements:

- Ferrous Sulfate**: well absorbed, can cause gastric distress or constipation (eg. **Slow Fe, Feosol, Fer-In-Sol**)
- Ferrous Gluconate**: tends to cause less gastric distress (eg. **Fergon**)
- Ferrous Fumarate**: similar to ferrous gluconate (eg. **Ferro-Sequels**), contains a stool softener.

PRE-OPERATIVE TESTING

Preoperative lab work must be obtained and reviewed prior to surgery. In addition, we request that you obtain a chest x-ray and a pre-operative electrocardiogram (ECG). The lab work and testing will need to be completed 3-4 weeks prior to surgery. You may also be requested to do a cardiac work-up before your surgery. Depending on the type of surgery you are having, you may also need additional testing such as a CAT scan or mammogram.

HIBICLENS

Use Hibiclens® (over-the-counter antibacterial skin cleanser) in the shower instead of soap for 3 days prior to surgery. Apply the minimum amount of Hibiclens® necessary to cover the skin from shoulders to thighs and wash gently. Rinse again thoroughly (be careful not to get the product on your face, eyes, or ears).

SHAVING

You may shave your underarms before surgery, as it may be difficult to do when your arm movement is limited initially after surgery.

NIGHT BEFORE SURGERY

Do not eat or drink anything after midnight the night before surgery unless you have been instructed otherwise at your pre-operative assessment visit. If you are diabetic and take insulin you will be instructed how to take your medication and discuss this with your anesthesiologist during the preoperative visit.

NOTIFICATION OF ILLNESS

Notify our office promptly if cold, fever, or any illness appears before surgery. Also call us with any new allergies, medications, or conditions.

ARRIVAL FOR SURGERY

Please be punctual. If you are running late please call ahead, but be aware that not arriving on time may cause cancellation of your surgery. Please report to:

**Houston Methodist Hospital,
6565 Fannin Main 3 NW (3rd floor
or Main building)**

Telephone: 713-441-1034.

Dr. Spiegel will see you the morning of surgery to address any last minute questions or concerns. She will place your pre-operative markings at that time.

DIEP Flap Patient Surgery Check List

YOUR SURGERY CHECK LIST

- Pre-register for your surgery** with the hospital by calling patient registration at 713- 394-6805.
- Make an appointment with the pre-operative assessment center 3 weeks prior** to your surgery date by calling **713-441-6504, option 3**. You will be assessed by anesthesia and will have any blood work or other testing done while you are there. Please bring a list of any medications, vitamins, or supplements you are currently taking. You may walk-in without an appointment, however patients that have appointments will be seen first. You should expect your appointment to take approximately an hour. The pre-operative assessment center is located in the Methodist Outpatient Center, on the 22nd floor, at 6445 Main Street. The hours of operation are 10 AM – 6 PM, Monday through Friday.
- Schedule your CT Scan**. You have been given a radiology request to schedule an appointment for a CT ANGIO of abdomen/pelvis or abdomen/pelvis/chest with contrast. We will obtain insurance precertification if necessary. Once it is approved we will fax the order to radiology. Please call 713-441-6550, option 2, to schedule this appointment. This will also need to be scheduled as soon as possible or at least 3 weeks prior to your surgery date.
- Start taking **iron supplementation** with vitamin C as soon as possible.
- Do not** take aspirin or products containing aspirin, vitamin E, fish oil, herbal supplements, or any medications that would cause bleeding, **2 weeks** prior to surgery. If you are taking Tamoxifen/Arimidex, you will need to stop this medication **3 weeks prior** to surgery. Attached is a list of medications not to be taken 3 weeks before surgery. You may take Tylenol if necessary.
- Do not smoke** or be exposed to second hand smoke. Avoid nicotine gum and patches.
- Do not** eat or drink anything after midnight the night before or the morning of your surgery unless otherwise instructed at your pre-operative assessment visit.
- Please purchase the recommended **post-operative garments** PRIOR to surgery.
- Please purchase or rent the **automatic lift recliner** PRIOR to surgery.

If you have any questions, please call the office at 713-441-6102.

Houston Methodist Hospital Map Information

HELPFUL INFORMATION

General Information
713.441.6000

Transportation Assistance
713.441.4246



Security
713.441.4246

Emergency Department
713.441.1016
Located in Main Building,
Level 1

Hospital Address
Houston Methodist Hospital
6565 Fannin Street
Houston, Texas 77030

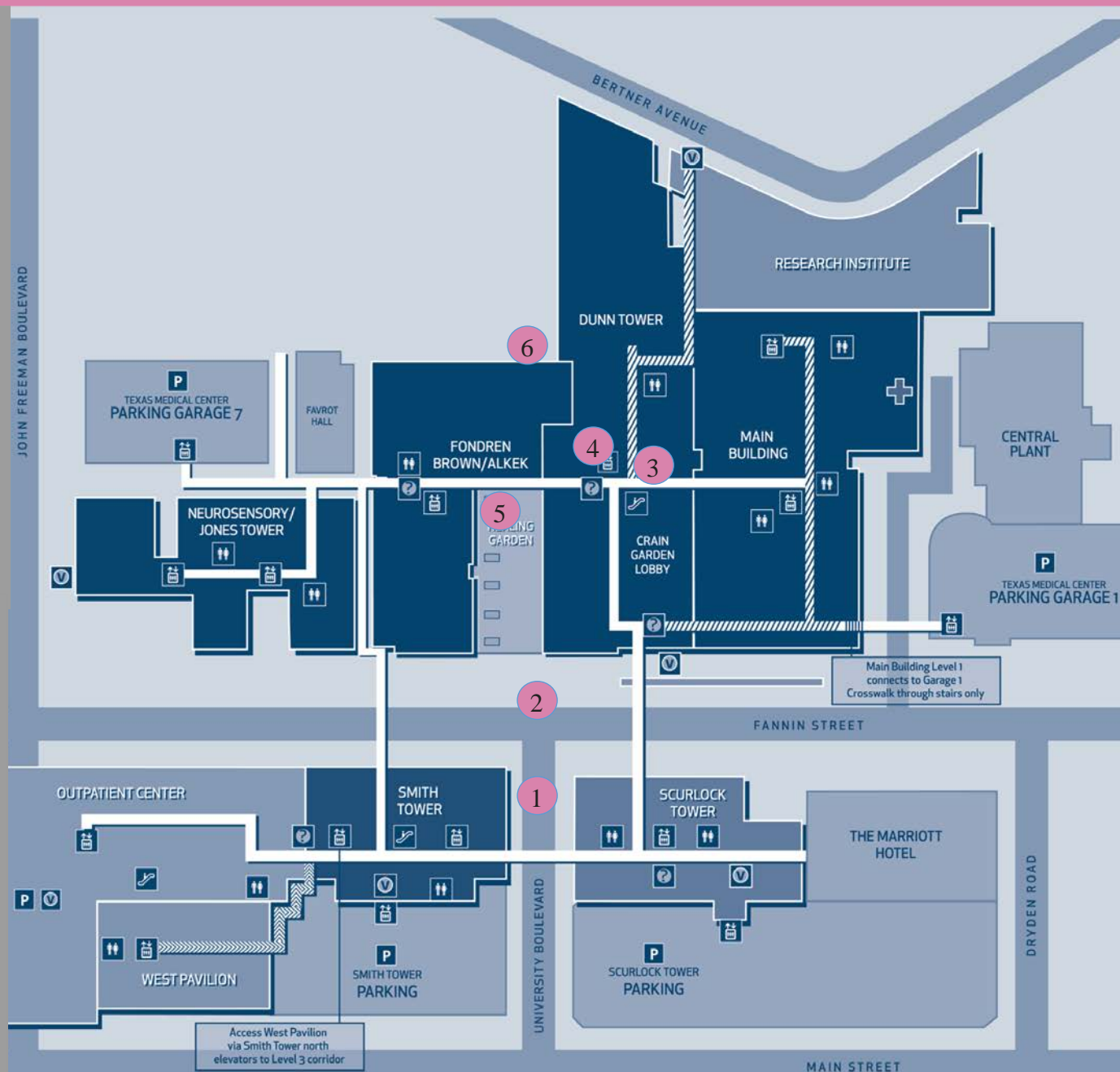
Valet
Located at:
• Level 1 hospital entries
• Neurosensory/Jones
Tower, Level B1 entry

MAP LEGEND

-  YOU ARE HERE
-  CROSSWALK
-  EMERGENCY ROOM
-  ELEVATORS
-  ESCALATORS
-  INFORMATION
-  RESTROOMS
-  PARKING
-  VALET PARKING

PLAN NORTH 

TRUE NORTH



- 1 – Office Scurlock Tower 2200
- 2 – Crosswalk to Hospital on 2nd Floor
- 3 – Check in for Surgery Main 3 NW

- 4 – Family Waiting Area Dunn 3rd Floor
- 5 – SICU Dunn 3rd Floor
- 6 – Hospital Rooms Dunn 8th Floor

ALDONA J. SPIEGEL MD
Advanced Breast Reconstructive Surgeon & Microsurgeon

Medical Recliner

WHERE TO RENT A RECLINER

- Texas Medical Supply
1906 West 18th Street
Houston, TX 77008
713-864-7636 or 713-893-4537
Monday-Friday 9 AM – 5 PM
Saturdays 10 AM – 2 PM
- Houston Medical Supplies
9029 Westheimer Road
Houston, TX 77063
713-777-2244
Monday-Friday 8 AM – 6 PM
Saturdays 10 AM- 5 PM
Sunday 12 Pm – 4 PM
Rental and Delivery Available
\$55 medium week/\$155 month
Rental and Delivery Available
www.txmedicalsupply.com
- Horizon Medical Equipment
2236 West Holcombe
Houston, TX 77030
713-839-1420
Monday-Friday 9 AM – 5 PM
Saturdays 10 AM – 2 PM
Delivery available
\$150 for 2 week, 200 for one month + delivery
- Excellent Medical Services
2807 Old Spanish Trail,
Suite B
Houston, TX 77054
713-440-9800
Monday-Friday 9 AM – 5 PM
Saturday 10 AM – 2 PM
Rental and Delivery Available
\$150 for one month
- Rent- A-Center
800-665-5510
www.rentacenter.com
Delivery available

WHY DO I NEED ONE?

One of the key areas for wound healing after the DIEP Flap is the abdominal incision. It takes between 3-4 weeks for this area stretch and heal depending on the elasticity of the skin. We strongly recommend a fully automated recliner (lift chair) to sleep in for at least 6 weeks. This allows the abdominal incision to heal without pulling and prevents side-sleeping which may cause pressure on the flap(s). A manual recliner is not adequate since it either relies on abdominal muscles to push the foot down, or arm pulling to operate the handle. Both of these movements can cause problems early after surgery.

RENTING A RECLINER

If you do not already own an automatic recliner, you may find it helpful to rent one for the short time that it will be needed. We have listed some local options for renting recliners. Most will deliver to your house or hotel. They will also pick up the recliner when it is time for return.

INSURANCE

Some insurance companies pay for medical equipment rental. For your convenience we have included a letter that confirms the medical necessity of the recliner.



Scar Therapy

SCAR THERAPY RESULTS



Scar after breast reduction

After 7 weeks of treatment with Silagen®

Before and after photos of Silagen Scar therapy

Silagen

WHY DO I NEED IT?

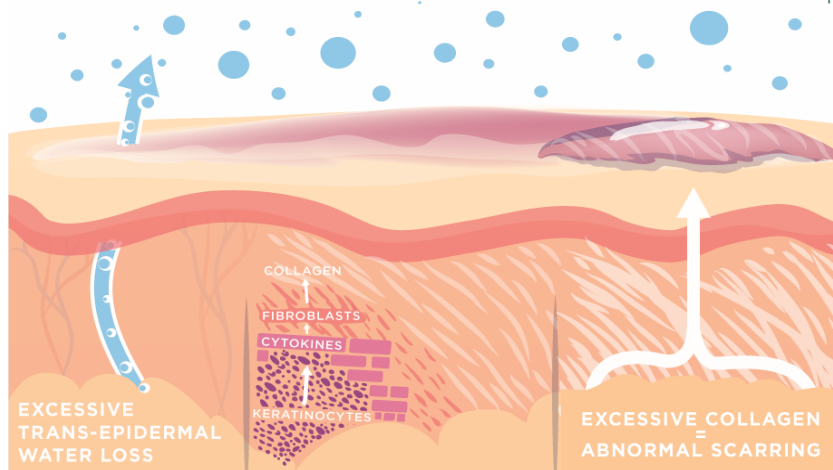
It is natural to be concerned about scars. Some patients, are genetically prone to hypertrophic or keloid scar formation, including those with more pigmented skin. In clinical studies Silagen sheeting showed a greater and faster improvement in scar maturation. Silagen Silicone Gel Sheeting is made with the highest quality medical grade silicones. The 1mm thick sheets, strips and shapes feature and advanced adhesion technology which means they conform well to the body and remain in place. They can be washed and reused for up to 4 weeks.

HOW DOES IT WORK?

Silagen creates a protective barrier over the scar, which increases hydration and provides the optimal environment to normalize collagen production. This will help flatten and soften your scar, and reduce redness, discoloring, itching, and pain. You will begin to see results in as little as 3 weeks, but best results are seen after 3 months.

HOW DO I USE IT?

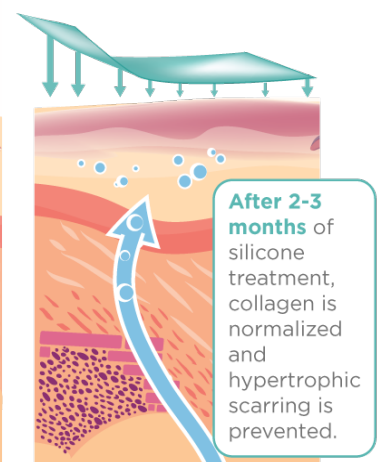
You can start using the Silagen 4-6 weeks after surgery as long as there are no open areas or scabbing. You place it on your incision(s) and wear it for 6 – 24 hours. The longer you wear the Silagen, the better the results.



Scar tissue exhibits excessive TEWL for as long as one year post-wound healing.

This abnormally high level of water evaporation stimulates keratinocytes to produce cytokines, which in turn signal the activation of fibroblasts to synthesize collagen.

Left unchecked, excessive collagen production can lead to abnormal scarring.



Silicones applied over the scar provide occlusion and hydration of the stratum corneum, down-regulating keratinocyte stimulation and prevent further signaling to produce more collagen.

ALDONA J. SPIEGEL MD
Advanced Breast Reconstructive Surgeon & Microsurgeon

Post-Surgical Garments

POST-SURGICAL BRA



WHY DO I NEED ONE?

POST-SURGICAL BRA (this will be given to you in the hospital)

The Dale Bra offers soft support and compression after your procedure. It uses a fabric that allows it stretch with post-operative swelling.

POST-SURGICAL BRA

You will be placed in a Dale bra after your procedure. We will have you continue to wear this during day and night until you are seen for your post-op appointment. You will typically wear this bra for approximately 4 weeks. Once we feel you are ready, we will discuss a transitional bra.



POST-SURGICAL BELT (you will need to purchase this at www.amazon.com)

“The Loving Comfort” post partum support belt uses soft elastic to give gentle abdominal support. This will help with back discomfort while up and moving around in the flexed position.

SUPPORT BELT

You will be placed in the Loving Comfort support belt once both your abdominal drains have been removed. We recommend that you wear this while you're up and moving to decrease any back discomfort caused from walking bent over. You will continue to wear it for approximately 4 – 6 weeks.

POST-SURGICAL BINDER



POST-SURGICAL BINDER (you will need to purchase this at www.solideaus.com)

The Solidea Active Massage Compression Abdominal Band is made of soft elastic to help actively micro-massage the skin to reduce post-operative swelling.

COMPRESSION BINDER

You will be placed in the Solidea band once both your abdominal drains have been removed. We recommend that you wear this throughout the day to help reduce swelling. You do not need to wear this garment at night. You will continue to wear it for approximately 4 – 6 weeks.

LAB RESULTS NOTIFICATION POLICY

Dear Patient,

Please be aware that we **will not** contact you if your pre-operative work-up is **normal**, however, rest assured we **will** contact you if any of your test results are **abnormal**. If you would like a copy of your results, we can make them available at your next visit.

Sincerely,

A handwritten signature in black ink that reads "A. Spiegel". The signature is written in a cursive style with a large initial "A" and "S".

Dr. Aldona J. Spiegel

Stop Medications on this list before Surgery

A

A 4-Way Cold Tablets	Aches-N-Pain Tablets	Adprin-B Tablets
Advil	Aleve	Alka-Seltzer Tablets
Alka-Seltzer plus Cold	Amigesic	Anacin
Anaprox, Anaprox DS	Anodynos	Ansaid
Argesic	Artha-G	Arthralgen
Arthritis Bayer Aspirin	Arthritis Strength Bufferin	Arthropan
Arthrotec	A.S.A. Enseals	A.S.A. Tablets
Ascriptin A/D Tablets	Ascriptin Extra-Strength	Ascriptin Tablets
Ascriptin with Codeine	Asper Buf Tablets	Aspergum
Aspirin (<u>any brand</u>)	Asprimox	Axotal

B

Bayer Aspirin Tablets	Bayer Children's Aspirin	Bayer Children's Cold Tabs
Bayer Select Pain Formula	Bayer Time-Release Aspirin	BC Tablets or Powder
Buf-Tabs	Buff-A Comp No. 3 (with Codeine)	
Buff-A Comp Tabs/Capsules	Buffaprin	Bufferin, Arthritis Strength
Bufferin, Extra Strength	Bufferin	Bufferin with Codeine No. 3
Buffets II	Buffex	Buffinol Extra
Buffinol		

C-D

Cama Arthritis Pain Reliever	Cataflam	Children's Advil Suspension
Children's Motrin Suspension	Clinoril	Cope
Darvon Compound Pulvules	Darvon Compound-65	Darvon with A.S.A.
Darvon-N with A.S.A.	Dasin Capsules	Daypro
Diflunisal Capsules	Diflunisal	Disalcid Capsules
Doan's Pills	Dolobid Tablets	

E-H

Easprin	Ecotrin	Emagrin
Endodan	Epromate	Equagesic
Equazine-M	Etodolac	Excedrin Tabs/Capsules
Feldene Capsules	Fenoprofen	Fiorgen PF
Fiorinal	Fiorinal with Codeine	Flurbiprofen
Gelpirin	Gensan	Goody's Headache Powder
Halfprin	Haltran	Herbal Supplements

Stop Medications on this list before Surgery

I-L

IBU-Tab	Ibuprin	Ibuprofen
Ibuprohm Tabs/Caplets	Indochron E-R Capsules	Indocin
Indocin-SR Capsules	Indomethacin Capsules	Indomethacin Suspension
Ketorolac	Ketoprofen Capsules	Lanorinal
Lodine Tabs/Capsules	Lodine XL	

M

Magan	Magnaprin Arthritis Strength	Magsal
Marinol Capsules	Marthritic	Meclufenamate Capsules
Meclomen Capsules	Medipren Tabs/Caplets	Menadol
Meprogesic	Micrainin	Midol
Midol IB Tabs/Caplets	Mobidin	Mobigesic
Momentum	Motrin	

N-O

Nalfon Tablets/Capsules	Naprosyn Tabs/Suspension	Naproxen
Neocylate	Norwich Extra Strength Tabs	Nuprin Tabs/Caplets
Orudis Capsules	Oruvail Capsules	

P-R

Pabalate	Pabalate-SF	PAC Tablets
Pamprin-IB	Pepto-Bismol	Percodan/Percodan-Demi
Piroxicam Capsules	Ponstel Capsules	Presalin
Relafen	Robaxisal	Rufen

S

S-A-C	Saleto	Saleto-200,400,600,800
Salflex	Salocol	Salsalate
Salsitab	SK-65 Compound Capsules	St. Joseph Children Cold Tabs
St. Joseph Children Aspirin	Sulindac	Supac
Synalgos Capsules		

T-Z

Talwin Compound	Tolectin 200, 600 Tabs	Tolmetin Tabs/Capsules
Tamoxifen	Toradol Injection/Tabs	Trendar
Tricosal	Trigesic	Tri-Pain Tablets
Trilisate Tabs/Liquid	VanquishVerin	Voltaren
Vitamin E	Zorprin	

Hospital Stay Information

Morning of surgery

- Arrive promptly
- IV will be placed
- Leg TED hose will be placed
- Surgery consent will be signed
- Dr. Spiegel will apply surgical markings

1st day after surgery

- First time out of bed to recliner
- Breathing through incentive spirometer
- Regular diet - no coffee or caffeine

2nd day after surgery

- Shower
- IV fluids minimized
- Ambulation
- Foley Catheter removed
- Transition to oral pain meds

3rd – 4th day after surgery

- Shower
- IV fluids discontinued
- Ambulation
- Prescriptions called into your pharmacy
- Discharge home

ADMISSION

After you arrive to the pre-surgery unit, the nurses will get you ready for surgery. They will place an IV and take blood work, as well as a urine test. Afterwards, they will have you sign your surgery consent and place your surgery TED hose on your legs. Dr. Spiegel will see you and answer any remaining questions, perform the surgery markings and take photographs. The accompanying family or friends will give their cell phone number so they can be updated as surgery progresses. They can wait in the family waiting room located on Dunn 3.

IMU

After surgery, you will be transferred to the Intermediate Care Unit (**Alkek 9**). Your family will be able to see you there once you wake up from surgery. The nurses will take great care of you and check the flap(s) hourly to ensure good blood flow. This will be a private room with a couch available for an overnight visitor.

POST-OP FLOOR

The temperature of your room will be set at around 75F to keep your flaps warm. The nurses will continue to check your flaps frequently. One of the main tasks we will ask you to do after surgery is to breathe deeply into an incentive spirometer device in order to expand your lungs. On the second day after surgery you will be able to have your foley urinary catheter taken out, shower, and walk. We will also minimize your IV fluids and transition you to oral pain meds.

DISCHARGE

Discharge will be determined how your flap(s) are looking and how you're feeling. You will be discharged approximately the 3rd or 4th postoperative day. The nurses will discuss postop instructions, teach you how to take care of your drains and discuss postoperative medications. You will need to fill your prescriptions at a pharmacy. There is a Walgreens located in the Scurlock Tower on the 2nd floor if you would like to fill them prior to leaving the hospital.

DIEP Flap After Surgery



Medications required after surgery

- Antibiotic:** to be continued until your drains are removed
- Pain Medication:** you only need to take this if you feel you need it, it may make you feel groggy and constipated. If you don't feel you need the prescription pain medication, you can take extra strength Tylenol. This cannot be taken with alcohol
- Colace:** this is a stool softener that you can take as needed
- Flexeril:** this is muscle relaxant for your back discomfort that you can take as needed. This medication may make you very tired
- Aspirin:** 81 mg every day for 1 – 2 weeks after surgery
- Iron:** restart once your bowel movements are back to normal; same dosage as you were taking prior to surgery
- Zinc and Selenium:** start after surgery to help with wound healing
- Multivitamin:** take once daily

NUTRITION

It is very important to provide your body with good nutrition to help wound healing after surgery. Eat a diet with lots of fresh vegetables, lean protein, and fruit.

SMOKING

Nicotine is very detrimental to healing. Smoking compromises blood flow by causing spasm of blood vessels and significantly increases the risk of flap complications and wound healing problems. Therefore, **DO NOT SMOKE** for at least 8 weeks before and 6 weeks after surgery. This also applies to second hand smoke; therefore, do not stay in rooms with cigarette smokers.

CAFFEINE

You are able to drink and eat foods that have contain caffeine 5 days after your surgery.

MEDICATIONS

You will be prescribed multiple medications to take postoperatively, please take them as directed. Do not take any medications containing anti-inflammatories (Advil, Aleve, Cold formulas), herbal supplements, Vitamin E, or fish oil for at least **1 week** after surgery. These compounds have a tendency to increase bleeding and bruising. Tylenol may be used as it does not have these untoward effects. Please refer to the **Medication List** for full description of medications. If you are on **Tamoxifen or Arimidex**, you can restart one week after surgery.

SUPPLEMENTS

You can restart your Iron supplementation after surgery once your bowel movements are back to normal. We would also like you to start **zinc and selenium**. These will help with postoperative wound healing properties.

DIEP Flap After Surgery

1 week post-op appointment

- Bring drain log to appointment
- Able to extend arms above head
- Continue zinc and selenium
- Possible drain removal
- Transition to abdominal Loving Comfort binder and Solidea band

3 months post-op appointment

- Symmetry consultation
- Discuss with Dr. Spiegel what size you would like to be ultimately
- Activity restrictions lifted

INCISION CARE

Your incisions have absorbable sutures that are hidden underneath the skin. Sometimes you might feel a small knot come up in the incision area. Do not worry, this can sometimes happen and will be removed during your clinic visit. Your incisions are sealed with a special fibrin glue so do not apply any ointments or moisturizers. We will take the glue (dermabond) off at your 4 week post-op appointment. You may resume your skin moisturizer 4 weeks after surgery.

UMBILICUS

Your new belly button will have some sutures around it. There might be some drainage and moisture in that area. After you shower use a cotton Q-tip dipped in hydrogen peroxide to clean the incision and inside of the umbilicus. After cleaning, dry the umbilicus with a Q-tip and apply dry gauze to keep this area clean and dry.

SWELLING

After surgery, your breast and abdominal area will feel swollen around the incisions, especially at the end of the day; this is normal and usually takes at least a month or more to resolve.

SHOWERING

You will take your first shower in the hospital with the assistance of a nurse. You will be able to shower with the drains in place. It is often easier to have a chair to sit in during your showers. Be sure to have your back to the shower head. Baths can be resumed at 6 weeks after surgery as long as there are no open areas.

DRIVING

You may start driving after you have stopped all pain medication and your drains are out. It is best to wait at least two weeks after surgery in order to feel confident when driving.

ACTIVITIES

When you are discharged from the hospital, you will be able to take short walks and climb stairs. For the 1st week after you return home, do not raise your arms higher than 30 degrees. You are unable to lift, pull, or push anything heavier than 5 pounds. If there are no wound healing complications you may resume sexual relations 6 weeks after your last drain is removed. After 6 weeks, you may gradually resume your exercise regimen and can return to full active status 3 months after surgery. This does not include abdominal crunch exercises, which can be resumed 6 months after surgery.

DIEP Flap After Surgery

SLEEPING POSITION

We strongly recommend that you sleep in the automatic recliner for 6 weeks. This allows your abdominal incision to heal without pulling, and also prevents you from rolling on your side while you're asleep. After transitioning back into your bed, you might find it more comfortable to sleep with your head elevated and two pillows under your knees to decrease the tension on your abdominal area. You should only sleep on your back and avoid sleeping on the reconstructed breast for at least 6 weeks.

WORK

You will be able to return to a desk job, or light duty at 4 – 6 weeks after surgery. Be mindful that this should be gradual because you will feel more tired quickly and lack the normal reserve of energy.

SUPPORT

You will need someone to help you when you return home for the first 5 – 7 days. Ask your friends and family to help you with chores and errands while you recover. This is a very difficult period when mood swings and emotions can be overwhelming. You can contact our office for assistance in finding one of the many support groups available.

MAMMOGRAMS

A routine mammogram does not need to be performed on the reconstructed breast, however, it can be performed if requested by your oncologist or other physician. We would like you to still perform monthly self-breast exams on your reconstructed breasts to assess for any changes with your breast.

Activity After DIEP Free Flap

ONE WEEK

After you have been seen at your first post-op appointment, you will now be able to hold your arms at 90 degrees. We would like you to continue your activity restrictions. You are able to walk as much as you can tolerate, just remember you need to continue walking bent over. If your abdominal drains were removed, you will be given your Solidea band and binder. The band will be worn throughout the day. The bind will be worn when you're up and moving.

TWO WEEKS

After your second appointment, you can now raise your arms above your head. We still don't want you to lift, pull or push anything greater than five pounds. Please continue wearing your solidea band and binder.

THREE – FOUR WEEKS

We will want you to work on your range of motion of your arms. You can do this by doing "wall crawls", going a little higher each time. We want you to continue with your abdominal binder and band. Also, continue sleeping in the recliner. This is when you are going to start feeling like yourself, but we need you to continue your activity restrictions

FOUR – SIX WEEKS

Typically you are able to start walking standing up straight. When instructed by Dr. Spiegel, you can transition from the recliner to your bed. When laying in bed, put pillows behind your knees and your back. We also want you to put pillows along your sides to prevent you from rolling over. You are able to return to work light duty, you are still unable to push, pull, or lift anything greater than seven pounds. If there are no wound healing issues, you are able to resume sexual relations six weeks after your last drain was removed. After six weeks, you can gradually resume your exercise regimen. This does not include abdominal crunches, which you can resume at 6 months.

TWELVE WEEKS

You will be seen in the office at approximately three months for your symmetry consultation, where you will discuss with Dr. Spiegel your next surgical procedure. At this time, your activity restrictions have been lifted.

Drain Care Information

You will be discharged home with drains in place. There are usually 2 drains in the abdomen and 2 in each operated breast. It is necessary to record total daily output of each drain. When the drain is near full, empty the contents into a measuring cup and record the amount in cc (equal to mL). **Strip the drain tubing 6 – 7 times daily**, starting where it exits the skin to remove and clots that might clog the drain. If the drain requires emptying more than once per day, enter the daily total in the appropriate space on the drain record sheet. There will be a small circular biopatch around the drain incision with a tagaderm to secure it in place, this is able to get wet. Please don't remove the dressing, it will be removed at your clinic appointment. **When your drain output is less than 25 cc within a 24 hour period for 2 consecutive day, the drain will be removed in clinic.** We use silastic drains, which reduce any discomfort during removal of the drain. You should continue taking antibiotics until your last drain has been removed. Once the drain is removed the small opening may have a small amount of drainage and can be covered with dry gauze until it seals closed.



DRAIN LOG

Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						

DRAIN LOG

Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						
Date: ___/___/___	Drain 1	Drain 2	Drain 3	Drain 4	Drain 5	Drain 6
Time: _____ am / pm						
Time: _____ am / pm						
Time: _____ am / pm						
Daily Total (cc)						