



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

TRAM Flap Breast Reconstruction

You may shower daily once you get home or 48 hours after surgery. Do not take a bath until instructed. Wash incisions with soap and water daily. Leave tapes in place and pat dry. Do not wrap chest or use any compression garments after surgery

Do not apply any heat or cold to the surgical site.

Make certain there is no compression to the central portion of your lower chest and upper abdomen. This is the blood supply to your reconstructed breast.

You will also experience difficulty standing fully upright: Standing upright could greatly affect your results and could cause serious injury. Slowly stand upright over time. No back bends.

Resume normal activity 3-5 days after surgery. Avoid vigorous activity and heavy lifting for 6 weeks. Walk daily.

Evaluate flap skin paddle daily if any changes call immediately. Redness, discoloration, drainage, and/or some bruising are normal but if it is excessive please call.

Abdominal discomfort is normal after surgery. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Drink lots of fluids and take stool softeners as prescribed to avoid constipation.

Shiny skin or any itchy feeling: Swelling can cause the skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the skin. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry, the breasts look different, or heal differently. Breasts may look or feel quite different from one another in the days following surgery, this is normal. No two breasts are perfectly symmetrical in nature or following breast reconstruction surgery.

OUR OFFICE SHOULD BE CONTACTED IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest**