



TAROLA PLASTIC SURGERY  
NICHOLAS A. TAROLA, MD

---

## TRAM Reconstruction

**You may shower daily once you get home. 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.

**See drain instruction sheet for drain care.**

**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, or drainage, some bruising is 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 as not to get constipated.** Take stool softener as prescribed.

**Shiny skin or any itchy feeling:** Swelling can cause the breasts' skin to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling of the breasts. 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**