

**ASSOCIATES IN PLASTIC SURGERY, INC.**  
**TRAM FLAP**  
**POSTOPERATIVE INSTRUCTIONS**

1. Use your medication as ordered.
2. Call you doctor if you notice excessive swelling, bleeding or soreness at the site of surgery.
3. Avoid any exertion for the first few days. No lifting anything greater than 10 pounds for six weeks. Subsequently, let the level of discomfort at the surgical site guide your level of activity.
4. Point and flex your feet, bend your legs at the knees every fifteen minutes while you are awake to promote circulation in your lower extremities.
5. Take a couple of deep breaths and cough to promote good oxygenation every hour while awake.
6. Some drainage from the incision is normal. Cover any draining area with a clean dressing. Replace the dressing daily after a shower as needed. Unscented sanitary napkins or maxipads are a good source of clean dressings. Contact our office or the physician if the drainage is excessive.
7. A surgical drain may have been placed at the time of surgery by your physician. Separate instructions regarding their care and management of the drain will be provided prior to discharge from the recovery room.
8. You may drink liquids when you arrive home. By evening you may have a light meal.
9. Do not drink any alcoholic beverages, beer and wine included. They do not mix with anesthesia and may make you sick.
10. Do not drive your car or do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
11. Do not smoke after surgery.
12. The patient must not be left alone for 24 hours.
13. Do not hesitate to call the doctor's office at 491-3535 if you have any questions about your surgery. The nurse will be glad to assist you in any way possible. If it is necessary for you to contact a doctor after 5:00pm, when the office is closed or on the weekend, please call the doctor's answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
14. Avoid using heat. It is normal for some of the abdominal skin to have decreased sensation (i.e. numb). When the body's appreciation of sensation is abnormal, the response to heat is abnormal. Heating pads, hot water bottles, and even sunshine have resulted in skin burns.
15. Return appointment: \_\_\_\_\_.  
The above postoperative instructions have been explained to me by \_\_\_\_\_, and I completely understand them insofar as possible.

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Signature