

Latissimus Dorsi Breast Reconstruction Instructions

Aesthetic and Reconstructive Plastic Surgery

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You must stop smoking at least three months before your surgery and until complete healing has occurred after surgery. Smoking significantly reduces your body's ability to bring oxygen to tissue for proper healing. Necrosis (death of tissue) can be the result.

Two Weeks Before Surgery:

1. Do not take any form of aspirin or ibuprofen products for two weeks prior to surgery and two weeks after surgery. These may cause increased bleeding and will interfere with your surgery. Notify our office of all medications, herbals, oils, supplements which you are taking. If you need an aspirin-free fever reducer/pain reliever, Tylenol is recommended.
2. Many herbal supplements are contraindicated with anesthesia or surgery. Some to avoid are: Vitamin E, Garlic, Alfalfa, Cayenne Pepper, Feverfew, Chamomile, DongQuai root, Willow Bark, Goldenseal, Guarana, Horse Chestnut, Bilberry, Gingko, Gingko biloba, Selenium, Ginseng, St. John's Wort, Yohimbe, Licorice root, Melatonin, Kava Kava, Hawthorn, Lemon verbena, Muwort, Lavender, Valerian/Valerian root, Echinacea, Ma Huang(Ephedra), and Gotu Kola. Also avoid, Ackee fruit, Alfalfa, Aloe, Argimony, Barley, Bitter melon, Burdock root, Carrot oil, Chromium, Coriander, Dandelion root, Devil's club, Eucalyptus, Fenugreek seeds, Fo-ti, large amounts of garlic, Ginseng, Grape seed, Guayusa, Gmena, Juniper, New seed oil, large amounts of onions, Periwinkle, and Yellow root, as these all alter the blood glucose level.
3. If you develop a change in your health condition including a cold, cough, sinus infection, urinary tract infection or fever, please call the office immediately.
4. Expect a pre-operative phone call from our nurse. If you have not received a call, please call our office. Please have information ready regarding pharmacy phone number, where you will be recovering and phone number, what medications you are taking, and any questions you may have.

Day Before Surgery:

1. Expect a phone call the day before surgery from Day Surgery to confirm the time you need to arrive at hospital. If you do not receive a call by 4:00pm, please call IU Health University (317) 274-5000 or IU Health North (317) 688-2000 and ask to be connected with one of the Day Surgery admitting nurses. Please call our office if procedure done at Wishard.
2. Do not eat or drink anything after midnight the night before surgery. This includes alcohol, water, hard candy, or chewing gum.
3. Prepare any food ahead of time for after surgery. You can make meals that can easily be reheated. Also, having jello, broth and protein shakes available is a good idea.

Morning of Surgery:

1. No eating or drinking! You may take morning medications related to high blood pressure or a heart condition with a small sip of water. Do not take insulin unless instructed by your doctor.

2. Do not wear contact lenses, hairpins, hairpieces, jewelry, make-up, fingernail/toenail polish. It is recommended to remove artificial nails. Dress in loose comfortable clothes. Button or zip tops preferred.
3. Have someone drive you to your surgery and make certain someone will be available to take you home. You must have an adult with you that can drive you home. No taxicabs or bus rides home are allowed.

At Home After Surgery:

1. You can expect to stay in the hospital for two to three days dependent on your recovery. It is recommended to have an adult available to help care for you the first 24-48 hours after surgery.
2. Begin with a light diet after surgery. Examples are jello, broth, and popsicles. It is best to take pain medicine with toast or crackers to prevent an upset stomach. Slowly progress to a regular diet as tolerated.
3. You will be prescribed an antibiotic and pain medication. It is necessary to take prescription medications exactly as directed. Do not take more than the recommended amount of medications. Complete entire prescribed antibiotic prescription. If you have any questions, please call our office.
4. If you have pain or discomfort, take the pain medication every 4-6 hours. Alcohol must be avoided while on pain medication. Please be aware that pain medication can cause constipation. You can start a stool softener before surgery, drink plenty of water, drink prune juice, or use a laxative if needed. No driving or operating heavy equipment/machinery while taking prescribed pain medication.
5. Drains will be used, two in breast area, two in back. These drains will remove any excess fluid that may develop. It is important to track how much fluid is emptied. The fluid will need to be emptied twice a day, more if needed. Please keep a record and bring this with you to each appointment. If the drain falls out—DO NOT attempt to push it back in. This may cause an infection. Remove the drain if it has fallen out and cover the opening with dry gauze. The opening will close within 24-48 hours.
6. Sleeping with you head and shoulders elevated is recommended. Use at least two pillows behind your back to prop you up. Refrain from bending forward for the first week following surgery.
7. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with UVA/UVB 30 or greater for 6 months to one year.
8. You may shower on your second post-op day. Remove all dressings and check incisions. Clean with mild soap and water. Gently pat dry and cover with gauze.
9. Do not do any activity that causes straining for the first couple of days. For the first 24 hours, use assistance each time you need to move. You will be on a lifting restriction of no greater than 10 pounds for 4-6 weeks.
10. You will be given a bra at post-op appointment. Please wear 24 hours/7 days minus shower time, for 4-6 weeks. No underwire bra.
11. Avoid strenuous activity. It is important to get out of bed and do light walking as soon as possible to reduce the risk of blood clots and other complications. General activities of daily living may be resumed within a couple of days. This does not include mopping, waxing floors, vacuuming, moving furniture, lifting children, groceries, laundry, or mowing. If you notice discomfort,

decrease the amount of activity you are doing. Sexual activity should be avoided for two weeks following surgery. Avoid lifting objects heavier than 10 pounds for 4-6 weeks.

12. Follow physical therapy protocol for shoulder and elbow movement. Absolutely no lifting with affected arm for the first two weeks following surgery. After about 3-4 weeks, limit lifting up to 5 pounds. Lifting may then slowly progress to 10 pounds (a gallon of milk).
13. Do not shave under the affected arm while healing is occurring.
14. You may begin breast massage as directed in about 2-3 weeks after surgery. This will help decrease formation of scarring.
15. No driving until after two weeks and cleared by your healthcare provider. You may not drive if you are still taking prescription pain medication.
16. Bruising, swelling, numbness, and tightness are common. These will subside over the next several weeks to months.
17. Do not hesitate to call our office if you have further questions.

If you have increased redness, increased swelling, foul smelling wound drainage, wound separation, severe pain, or temperature of >101.5 , notify our office. These can be signs of infection and need immediate attention.