

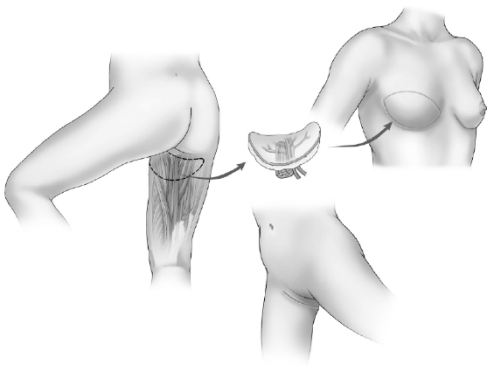
横向上股薄肌（TUG）皮瓣乳房再造术后 在家自我护理

本讲义提供了“横向上股薄肌（TUG）皮瓣乳房再造手术”后在家中遵循的自我护理说明。

活动

手术后 4 周：

- 切勿提举任何超过 8 磅（约一加仑水）的重量。包括抱起儿童和宠物。
- 移动手臂时，动作要轻柔：
 - 切勿将手臂或双臂向前或向侧抬高超过肩膀以上。
 - 切勿将手臂伸到背后。
 - 切勿推、拉任何东西。
 - 避免重复的手臂动作、例如做家务（吸尘、洗碗和洗衣）。
- 移动腿部时，动作要轻柔：
 - 避免将腿或双腿靠近胸部。不要抬起一条腿（或双腿）而让它（它们）高于臀部（即不要将臀部髋关节弯曲小于 90 度）。
 - 坐下后，将身体摆放到“沙滩躺椅”位置。
- 切勿将腿或双腿向侧摆张开 45 度以上。双腿分开与肩同宽时，可能会感觉最舒适。
- 我们鼓励步行，因为它有助于恢复及增强体力。从每天 3 到 4 次步行开始，每次 5 到 10 分钟。随着痊愈逐渐增加距离和时间长度。
- 避免有氧运动（导致呼吸沉重或持续心率加快的活动）。
- 先不要开车、直到：
 - 手术后 4 周。
 - 已经停止服用处方止痛药。



横向上股薄肌（TUG）皮瓣乳房再造

- 切勿穿会压迫乳房的衣服。但是、我们建议穿腹部的紧身衣。例如自行车短裤或瑜伽裤，或有伸缩性的裹巾。这有助于降低身体存留的体液。
- 睡眠时仰卧，双腿和背部略微垫高。

个人卫生

- 我们建议每天淋浴以降低感染风险。使用温和的肥皂，轻轻地清洗伤口。
- 在伤口完全愈合且没有结痂之前，且勿泡澡、坐在热水浴缸中或游泳。这可能需要 4 到 6 周才可以。

引流

手术时医生会放置 3 到 4 个引流导管。请参阅讲义“JP 引流导管的护理”。

伤口真空敷料

在某些情况下，外科医生可能会在患者一侧的大腿或双侧的大腿上放置一种称为伤口真空敷料。它是一种抽吸装置，它将伤口边缘固定在一起并从伤口中抽出液体来促进愈合。

可在 5 到 7 天后到诊所去除伤口真空敷料。此装置在 7 天时将自动关闭。请确保使用期间要充电。可能夜间睡觉时，是充电的最佳时机。切勿沾湿此敷料。如伤口真空敷料发出警声，请致电 800.275.4524 联系供应商。

多普勒线 Doppler Wires

多普勒线是以外科用的白色胶带（Steri-Strips）固定，直到医生将它们取出。一般是在手术后 2 周的随访时取出。

如导线松动，请使用更多的手术胶带将其固定。可以在大多数药店购买此胶带。

控制疼痛

切勿在手术部位冰敷或热敷。请参阅讲义“再造手术后的疼痛控制”，以了解有关疼痛控制的更多信息。

何时需要与医疗团队联系

如有下列情况，请立即致电联系：

- 皮瓣（经手术移到乳房的腹部组织可见部分）发生变化。
- 皮瓣皮肤变成深红色、紫色或黑色。
- 皮瓣皮肤变得苍白及冰冷。
- 再造的乳房迅速肿胀。

请立即致电 206. 598. 6190 并要求传呼值班的整形外科的住院医师。在与医护人员交谈之前，**请勿进食或饮水。**

其它护理需要

如有下列症状请与诊所的护士联系：

- 出血或引流液浸湿了敷料（请按压该部位以减少出血）
- 体温高于摄氏 38° 度（华氏 100. 5° 度）
- 颤抖和/或发冷
- 手术部位有任何感染迹象：
 - 发红
 - 肿胀加剧
 - 引流液有异味
 - 引流液有脓或浑浊
- 恶心及/或呕吐
- 出现新的皮疹
- 疼痛加剧、且止痛药无效。

您有疑问吗？

我们很重视您的提问。如果您有任何问题或疑虑，请联系您的医生或医疗服务提供者。

门诊工作时间

（周一至周五，上午 8 点至下午 5 点，节假日除外）：

如果您有任何问题或疑虑，我们建议您通过 EPIC 的 MyChart 向您的外科医生发送消息。如果照片有助于解释您的担忧，请附上照片。

或者，您可以拨打 206. 598. 1217 选项 2 致电再造外科中心。

门诊时间以外的紧急需求：

如果您在下班后、周末或节假日有紧急护理需求，请致电 206. 598. 6190 并要求与值班的整形外科医生交谈。

如出现新的胸痛或呼吸急促，请拨打 911。

如一边肢体出现发红、肿胀、疼痛/痉挛或发热，这可能是血栓的迹象。请前往附近的急诊室。



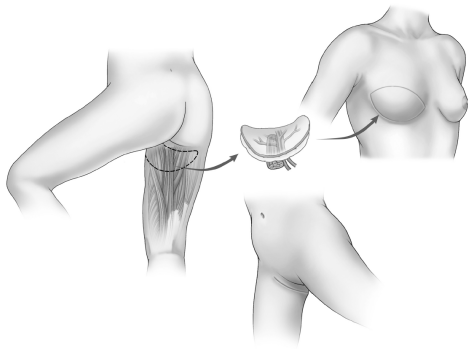
After TUG Flap Breast Reconstruction *Self-care at home*

This handout gives self-care instructions to follow at home after having TUG (transverse upper gracilis) flap breast reconstruction.

Activity

For **4 weeks** after your surgery:

- Do **not** lift anything that weighs more than 8 pounds (about the weight of a gallon of water). This includes children and pets.
- Move your arms very gently:
 - Do **not** raise your arm or arms above shoulder level to the front or the side.
 - Do **not** reach behind you.
 - Do **not** push or pull anything.
 - Avoid repetitive arm movements such as chores (vacuuming, doing dishes, and laundry).
- Move your legs very gently:
 - Avoid bringing your leg or legs close to your chest. Do **not** lift your leg or legs higher than your hip (do not flex your hip past 90 degrees).
 - When seated, recline to a “beach chair” position.
- Do **not** open your leg or legs to the side past 45 degrees. You may feel the most comfortable with your legs shoulder-width apart.
- We encourage walking because it is helpful for healing and rebuilding strength. Start with 3 to 4 walks a day for 5 to 10 minutes each. Gradually increase your distance and length of time as you heal.
- Avoid *aerobic exercise* (activities that cause heavy breathing or sustained elevated heart rate).
- Do **not** drive until:
 - It is more than 4 weeks after surgery.
 - You have stopped taking prescription pain medicine.



TUG Flap Breast Reconstruction

- Do not wear clothes that put pressure on your breasts. However, we do recommend wearing tight clothes around your thighs, such as bicycle shorts, yoga pants, or ACE wraps. This will help lower the amount of fluid your body retains.
- When you sleep, lie on your back with your legs and back slightly raised.

Hygiene

- We recommend daily showers to reduce the risk of infection. Use mild soap and wash very gently over your incisions.
- Do **not** take a bath, sit in a hot tub, or go swimming until your incisions are fully healed and no scabs remain. This may take 4 to 6 weeks.

Drains

You will have 3 to 4 drains placed during surgery. Please read the handout, “Caring for Your JP Drains.”

Wound Vac

In certain situations, your surgeon may decide to place a dressing called a *wound vac* on your thigh or thighs. This is a suction device that promotes healing by holding the incision edges together and drawing fluid out of the wound.

We will remove the wound vac in clinic after 5 to 7 days. The therapy unit will turn off automatically at 7 days. Please ensure you are charging the unit while it is in place. A good time to charge the unit may be while you are sleeping. Do not get this dressing wet. If your therapy unit sounds an alarm, please contact the supplier at 800.275.4524.

Doppler Wires

The Doppler wires are held in place with white tape called Steri-Strips. The wires will stay in place until your provider takes them out. This is usually done at your 2-week follow-up visit.

If the wires become loose, use more surgical tape to keep them in place. You can buy this tape at most drug stores.

Pain Control

Please **do not** use ice or heat on your surgical sites. Read the handout, “Pain Control After Reconstructive Surgery,” for information about pain control.

When to Contact Your Care Team

Call Right Away If:

- You experience changes to your flap (the visible part of your thigh tissue that is surgically moved to your breast).
- Your flap skin turns dark red, purple, or black.
- Your flap skin turns pale and cold.
- You experience rapid swelling to the reconstructed breast.

Call 206.598.6190 right away and ask to page the resident on call for Plastic Surgery. **Do not eat or drink anything** until you speak with a provider.

Other Care Needs

Call the clinic nurse if you have:

- Bleeding or drainage that soaks your dressing (hold pressure on the site to lessen bleeding)
- A fever higher than 100.5°F (38°C)
- Shaking and/or chills
- Any signs of infection at your surgical site
 - Redness
 - Increased swelling
 - Bad-smelling drainage
 - Pus or cloudy colored drainage
- Nausea and/or vomiting
- New rash
- Pain that is worsening and is no longer eased by your pain medicine

Questions?

Your questions are important. Contact your doctor or healthcare provider if you have questions or concerns.

During Clinic Hours (Monday through Friday except holidays, 8 a.m. to 5 p.m.):

If you have any questions or concerns, we recommend messaging your surgeon through EPIC MyChart. Please include a photo if it would help explain your concern.

Or, you may call the Center for Reconstructive Surgery at 206.598.1217 option 2.

Urgent Needs Outside of Clinic Hours:

If you have an urgent care need after hours, on weekends, or holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.

If you are experiencing new chest pain or shortness of breath, please call 911.

If you are experiencing redness, swelling, pain, cramps, or warmth usually in one limb, this may be signs of a blood clot. Please go to your local ER.