


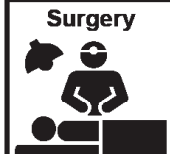






DIEP Flap CareMap

How to prepare and what to expect after your surgery

Getting Ready for Surgery	Surgery Day	
<p>Planning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with your surgeons and other members of your care team <input type="checkbox"/> Make decision to have surgery <input type="checkbox"/> Work with plastic surgery and breast surgery Patient Care Coordinators (PCCs) to set surgery date <input type="checkbox"/> Have CT scan of blood vessels in your abdomen to prepare for flap surgery <input type="checkbox"/> Talk with Anesthesia or Internal Medicine team to get cleared for surgery (in person or by phone) <input type="checkbox"/> Meet with plastic surgeon or physician assistant to update paperwork, if needed <input type="checkbox"/> If you smoke, you must STOP right away, and at least 4 weeks before your surgery <p>2 Weeks Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop taking Tamoxifen (you may resume taking this drug 2 weeks after discharge) <p>7 Days Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop taking nonsteroidal anti-inflammatory drugs (NSAIDs) or other medicines that may increase bleeding (ibuprofen, Celebrex, aspirin, and others) <p>Day Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Receive a call from a nurse with your arrival time <input type="checkbox"/> Shower with the antibacterial soap (Hibiclens)  <p>Night Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not eat anything after midnight <input type="checkbox"/> You may drink clear liquids up until 2 hours before your arrival time 	<p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower with Hibiclens  <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration (Surgery Pavilion, 2nd floor) no later than your assigned arrival time <input type="checkbox"/> A nurse will call you to come to the Pre-Op area <input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and antibiotics  <input type="checkbox"/> An anesthesiologist will talk with you about anesthesia you will receive during surgery <input type="checkbox"/> Receive pain medicines (acetaminophen and gabapentin) <input type="checkbox"/> Meet with a member of the surgical team to ask any questions and/or sign the surgery consent form <input type="checkbox"/> Meet with pre-op and operating room (OR) nurses to review questions about your health <input type="checkbox"/> You will be given a heating blanket to keep you warm <input type="checkbox"/> Stickers with wires (leads) will be placed on your chest to monitor your heart during surgery <input type="checkbox"/> The Anesthesiology Team will take you to the operating room 	<p></p> <p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the intensive care unit (ICU) <p>You will have: </p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids and antibiotics <input type="checkbox"/> Compression devices on your legs to help with blood flow <input type="checkbox"/> A Foley catheter in your bladder to remove urine <p>Your nurse will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Teach you how to use your incentive spirometer – do this 10 times each hour every day while you are in the hospital <input type="checkbox"/> Make sure your pain is in control <input type="checkbox"/> Check your flaps every hour

Day 1: Intensive Care Unit	Day 2: Plastic Surgery Unit	Discharge (Day 3 or 4)
<p>Medicines and Treatments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurses will check the circulation to your flaps every hour <input type="checkbox"/> Nurses will carefully watch your vital signs <input type="checkbox"/> Pain controlled by: _____ <ul style="list-style-type: none"> - Local anesthetic block (placed during surgery) - Opioid pain medicine - Acetaminophen (Tylenol) and ketorolac (Toradol) <input type="checkbox"/> Take stool softeners to help you have bowel movements 	<p>Medicines and Treatments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurses will check blood flow to your flaps every 2 hours 	<p>Medicines and Treatments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurses will check blood flow to your flaps every 4 hours
<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> If your flaps remain stable overnight, start drinking clear fluids this morning <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spend the morning sitting up in bed <input type="checkbox"/> Meet with physical therapist (PT) or occupational therapist (OT) to: <ul style="list-style-type: none"> - Learn how to roll to one side to get in and out of bed - Have help meeting the goal of sitting up in a chair by the end of the day <input type="checkbox"/> For 4 weeks after surgery, do NOT: _____ <ul style="list-style-type: none"> - Lift your affected arm(s) to the side more than 45 degrees (elbows no higher than your ribs) - Lift your affected arm(s) to the front above shoulder level - Reach behind your back - Lift anything that weighs more than 10 pounds (a gallon of water weighs almost 9 pounds) - Do exercise that makes you breathe hard or your heart beat faster - Push or pull on anything <p>Do:</p> <ul style="list-style-type: none"> - Move your arm(s) very gently - Think "T-rex arms" 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> If your flaps are stable, start eating a normal diet <input type="checkbox"/> Day 2 or 3: IV removed if you can drink enough fluids by mouth <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aim to get out of bed to sit in a chair, walk to the bathroom, and walk in the hallway with PT or OT 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Normal diet <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get out of bed to sit in a chair, walk to the bathroom, and walk in the hallway with the PT or nurse at least 4 times a day
<p>Drains and Catheters</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your drains will be emptied 2 times a day and the amount of drainage will be recorded <input type="checkbox"/> Drains may be removed once amount of drainage is less than 30 ml in 24 hours for 2 days in a row <input type="checkbox"/> Foley catheter in place until you can get to the commode or bathroom 	<p>Drains and Catheters</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with social worker to talk about home healthcare or a skilled nursing facility, if needed <input type="checkbox"/> Training with OT on how to: <ul style="list-style-type: none"> - Shower safely - Do activities of daily living (ADLs) - Change your bandages (dressing) 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice stairs with PT, if needed <input type="checkbox"/> Nurses may help you take a shower <input type="checkbox"/> You may be ready to leave the hospital if: <ul style="list-style-type: none"> - You can get out of bed by yourself - Your pain is under control, and you are able to get up and around OK
	<p>Drains and Catheters</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foley catheter removed by now 	<p>Drains and Catheters</p>



After Discharge: Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Medicines <input type="checkbox"/> Pain controlled by: _____ - Opioid pain medicine - Acetaminophen and ibuprofen <input type="checkbox"/> Start to decrease (taper) your opioid dose as you can, taking acetaminophen (Tylenol) or ibuprofen instead <input type="checkbox"/> Keep taking stool softeners every day until you have stopped taking opioids _____	Medicines <input type="checkbox"/> Start taking Tamoxifen again <input type="checkbox"/> Keep tapering opioid dose, taking Tylenol or ibuprofen instead	Medicines <input type="checkbox"/> Take only Tylenol or ibuprofen for pain			
Diet <input type="checkbox"/> Normal diet _____	Diet	Diet	Diet	Diet	Diet
Activity <input type="checkbox"/> Shower every day _____ <input type="checkbox"/> Take short walks often <input type="checkbox"/> Aim to be out of bed most of the day <input type="checkbox"/> For 4 weeks after surgery, do NOT : - Lift your affected arm(s) to the side more than 45 degrees (elbows no higher than your ribs) - Lift your affected arm(s) to the front above shoulder level - Reach behind your back - Lift anything that weighs more than 10 pounds (a gallon of water weighs a little over 8 pounds) - Do exercise that makes you breathe hard or your heart beat faster - Push or pull on anything Do: - Move your arm(s) very gently - Think "T-rex arms"	 Activity <input type="checkbox"/> Take daily walks, slowly increase how far you walk	 Activity	Activity <input type="checkbox"/> You may drive if you have stopped taking opioids and you feel comfortable sitting behind the steering wheel	Activity <input type="checkbox"/> Start to use your arm(s) more fully and drop lifting limits	Activity <input type="checkbox"/> When your plastic surgeon says it is OK, resume normal activities with no restrictions
Follow-up <input type="checkbox"/> Visit with breast cancer surgeon 1 to 2 weeks after surgery if reconstruction was done at the same time as your mastectomy: - Review pathology report - Drains removed if drainage less than 30 ml in 24 hours for 2 days in a row - If needed, talk about more medical or radiation treatments	 Follow-up <input type="checkbox"/> Visit with plastic surgeon 2 weeks after surgery: - Check incisions - Drains removed if drainage less than 30 ml in 24 hours for 2 days in a row - Remove Doppler wires			Follow-up <input type="checkbox"/> You may start physical therapy and massage	Follow-up <input type="checkbox"/> Visit with plastic surgeon 6 to 7 weeks after surgery: - Release to return to normal activities - Talk about revisions, if needed