



TRAM RECONSTRUCTION

OFFICE # 812.981.4724

Activity: **Do not do any of the following activity for at least 8-12 weeks:**

- Bending from the waist. (stoop instead)
- Heavy lifting over 5 lbs.
- Aerobic exercise or jogging
- Repetitive arm movements (i.e. tennis, swimming, vacuuming, dusting, folding clothes)
- Any vigorous upper body movements
- You may climb stairs on a limited basis.
- You will need to walk in a bent position for 1-2 weeks.

Diet: You may do better with small frequent meals for a while. Do not drink alcohol for 24 hours after surgery or while taking pain medication or antibiotics.

Driving: You may drive a car in 4 weeks. **Work:** You may return to work in 8 weeks.

Medications: Take all medication as instructed. Only Tylenol products or pain medication should be taken for pain. Please ask your doctor about resuming medication(s) that you take daily.

Bras: You may begin wearing a regular bra six (6) weeks after surgery.

Bathing: While you have a drain in place you may take a shallow tub bath. Be sure that the drains stay above the water; do not get them wet. You will be able to take a shower 24 hours after all drains are removed.

Dressings: Change dressings once a day. You will need a drain sheet.

Sun Care: A good sunblock should always be used to protect your skin from sun damage. In addition, particular care should be taken with the sun as long as you have bruising, as permanent discoloration could result with sun exposure.

Supplies: 4 x 4s, tape

Call Physician For: Change in color in surgical area
Fever
Pain that is not relieved
Drainage of operative area