



SHEINA MACADAM  
MD FRCSC

## **General Operative Instructions for DIEP Reconstruction**

### **Before your surgery...**

Please read these instructions carefully

Please have NOTHING to eat or drink after midnight the night before your surgery. This includes water, candy, mints or gum.

Our office will call you after 3:00pm the day before surgery to let you know your arrival time.

It is recommended that all patients wear loose comfortable clothing on the day of surgery. Please do not wear makeup, contact lenses or jewelry.

Although we recommend that our patients quit smoking as soon as possible, please do not smoke within 2 weeks before and after surgery. Smoking may cause complications in the healing process.

Regular prescription medications can be taken as usual. If you need to take something the day of surgery, please dry swallow if possible.

### **ASA and Anti-Inflammatory Medications**

The following medications should be stopped 10 days before AND after surgery. They may cause excessive bleeding and bruising before and after surgery:

- Tamoxifen
- Any non steroidal anti-inflammatory like Ibuprofen (Advil), Naproxen and others.
- ASA – (Aspirin)
- Any anti-coagulants or blood thinners, (Warfarin/Coumadin). Please discuss these with Dr. Macadam or the hospital's pre-operative nursing staff when they call you to inform you of your arrival time.
- Herbal medications – Check with your doctor.
- Vitamin E

Recreational Drugs or Alcohol should not be used 24 hours before and after surgery. These may interact with your anesthetic or post operative pain killers and cause serious complications.

Please contact our office immediately if your health condition changes the week before surgery, (flu, severe cold, fever).



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You will need to have a responsible adult accompany you to and from the hospital.

### After Surgery...

1. Plan to be in the hospital for 5 nights.
2. You will be given a prescription for Empracet or Percocet. This medication may cause nausea. You are advised not to drive while on this medication. You will also be prescribed an antibiotic and baby aspirin. Please take one baby aspirin per day for one month.
3. For the first 10 days after surgery, you are advised to walk slightly flexed at the waist to decrease the tension on the abdominal incision.
4. You will be unable to perform any heavy lifting or exercise for 4 weeks after surgery.
5. You will have one drain per breast and two drains in the abdomen. These will need to be emptied every 8 hours and the output recorded. We can arrange a home care nurse for you if required.
6. You will be unable to drink caffeine, red wine or eat chocolate for one month after surgery. These foods cause the blood vessels to clamp down which may compromise the circulation in the flap.
7. You are able to shower once the drains have been removed. Until this time, a sponge bath is advised. Do not immerse yourself in water.
8. Call our office and make a post-op appointment for one week after you are discharged from the hospital.
9. After discharge, there are a few things to watch during your healing process. If you see any of the following, please call VGH at 604-875-4111 and ask to page the plastic surgeon on call:
  - Leg swelling
  - Shortness of breath
  - Redness around your incisions
  - Swelling of the flap
  - Change in color of the skin paddle
  - Increased output from the drains
  - Increasing pain around the incisions



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If you have any questions during your post-operative course, feel free to contact our office or email Dr. Macadam at [drsamacadam@gmail.com](mailto:drsamacadam@gmail.com) .