

Dr. Jennifer Robinson

Plastic Surgeon

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DEEP INFERIOR EPIGASTRIC FLAP BREAST RECONSTRUCTION PATIENT CARE INSTRUCTIONS

PREPARATION FOR SURGERY

- Ensure your lifestyle is steady state leading up to surgery (no drastic changes in diet, supplements)
- Ready your home to easily navigate mobility, meals pre-prepared, and extra hands to help with clothing and basic needs for the first few days
- Clothing that zips up the front and easily pulls on/off without constriction is best to have ready
- You will be discharged from hospital on the third day after the surgery.
- Do not smoke for 6 weeks leading up to the surgery and 6 weeks afterward; this includes all combustion products including cannabis (best to convert to edibles during this time if dependency is a concern)

DAY OF SURGERY

- You will be given a surgical time to check in at the Royal Jubilee Hospital and fasting instructions, please adhere to these
- You will meet your anesthesiologist and Dr. Robinson, who will mark you in the holding area prior to surgery and give you an opportunity to have any questions answered
- You will be brought into the operating room where a surgical safety checklist is performed that readies everyone in the room for the surgery
- The recovery room is where you will wake up from surgery, and the nurses will care for you there until you are awake and ready to be transferred to the surgical ward, 7 South West in the Patient Care Center

POST-SURGERY

- Dr. Robinson may see you within a few days after surgery and is in close communication with the nurses on the ward—she may be operating at another site in the days after your surgery
- You will be discharged on postoperative day 3 (Surgery is day 0) when the excellent ward nurses will give you instructions for aftercare
- Dr. Robinson usually has all of your drains removed before you go home if any are used
- A glued-on dressing strip placed over top of the buried sutures will stay in place for 2 weeks, at which time our nurse will remove it in the office. If you develop a red, itchy reaction around this dressing, please call the office and we can help you navigate this
- Crusts on the incisions are common and will fall off on their own in 2-3 weeks
- If caffeine has been restricted in hospital (it decreases blood flow to tissues), you can resume gradually when you get home
- A surgical binder (compression garment) is placed that is to be worn 24-7 day and night for 8 weeks to protect the abdomen site (can remove for showers starting 3 days postop)
- You may feel bent over for a few weeks, this will improve with time—occasionally those with back pain find a walker helpful for a week or two and can be arranged from hospital if needed (rare)
- **Activity:** walk around house every 2 hours in first week, progress to walking around block at 2 weeks, grocery shopping but lifting no more than 10 lbs for 4 weeks, light exercise at 6 weeks, high impact exercise at 8 weeks
- **Fever, redness, increasing pain, large (>1cm) wound openings require a call to our office**
- **If there is an after-hours emergency, you will find the number for the plastic surgeon on call on our voicemail**