

SOUTHWEST BREAST & AESTHETICS

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Latissimus Dorsi Flap Pre-Op and Post-Op Instructions

Pre-Op Instructions:

1. We practice the Enhanced Recovery After Surgery method. Scientific studies have shown ERAS to be highly beneficial in lowering pain, hunger, and infection. Most of our patients do not require narcotics for more than a few days, if at all, due to this method.
2. As part of ERAS, you are allowed to drink carbohydrate rich fluids up to 2 hours before your surgery. These fluids are limited to Powerade, Gatorade, apple juice, grape juice, or coconut water (please do not drink anything that is red or purple in color). **Please do not eat any solid food past midnight the night before your surgery.** If you are a patient with diabetes or gastroesophageal reflux disease (GERD), please adhere to the standard instruction of nothing to eat OR drink by mouth past midnight the night before your surgery.
3. You should arrive at the facility for **check-in 2 hours prior to your surgery start time**. For example, if your surgery is scheduled for 9 AM, you should be checking in at the facility by 7 AM.
4. Also as part of ERAS, you will receive Tylenol, Lyrica (nerve pain suppressor), and Celebrex (same drug class as Ibuprofen) 1 hour before your surgery. Once you are under general anesthesia, you will be injected with a long-acting local anesthetic to provide pain relief.

Expected Post-Op Hospital Course:

1. After surgery, you will be brought to the recovery room. The expected length of time in the recovery room is approximately 1-2 hours. Your family / chaperone will be contacted when you have been transported to the recovery room.
2. A member of the plastic surgery team will speak with your family / chaperone regarding post-operative instructions, will answer any questions, and will provide updates on the course of the procedure.
3. This is typically an outpatient procedure. MOST of our patients go home the same day after surgery, although depending on your health status and comfort level, you may be kept in the hospital one to two days.
4. Drains will be placed during surgery. Usually one drain per side. Instructions for drain care and how to record the volume of drainage will be reviewed with you by nursing staff at the facility. On average, drains are removed 2-3 weeks after surgery, but may stay in as long as 4 weeks. Drains are removed when output falls below 30 mL in 24 hours.
5. Antibiotics are prescribed for 1 week after surgery. Please inform the plastic surgery team if you have any known allergies to antibiotics.
6. Dressings consist of medical-grade glue or tape, soft-padding, and mild compressive surgical bra/wrap. Drains are dressed with antibiotic disk (biopatch) and a clear dressing (Tegaderm).

Post-Op Instructions:

1. **Diet:** Resume a normal diet. Attempt to increase fluid (six cups of water) and fiber intake in order to prevent constipation as this is a known effect of narcotic pain medication. Over the counter stool softeners should be taken with narcotic pain medication.
2. **Activity:** You are encouraged to ambulate the day of surgery. Non-strenuous activity only is allowed. **You should not lift greater than five pounds** unless otherwise indicated; these restrictions should continue until they are removed at follow-up visitations. Resumption of exercises should only begin after clearance from your surgeon.
3. **Pain:** Narcotic and non-narcotic medications will be prescribed to you prior to surgery. It is suggested to fill the prescription prior to surgery to provide a more relaxed post-operative course. Aspirin should not be taken unless specifically prescribed by your surgeon.
4. **Follow-Up Schedule:** The first post-op follow up appointment will occur the week following surgery. Normal follow-up routine includes office visits weekly until drains are removed and then at one month post-operatively.
5. **Work:** You are normally advised to take four weeks off from work, although earlier return to work is possible depending on your occupation and recovery. The recovery period could take longer if there are complications after the surgery.
6. **Incisions:** Sutures are most often internal and not visible on the surface. Typically they dissolve on their own with time. In some situations there may be some external sutures that may or may not require removal. We will remove and care for sutures as necessary in the clinic. Incisions may show mild signs of redness and inflammation for the first four months post-operatively. This is normal and should resolve with time. It is normal to

have some oozing from the wound edges in the initial post-operative period. Wound care and scar care instructions will be based on how healing progresses as assessed at clinic visits. Do not place ointment or other products over incision lines until instructed by your surgeon. PLEASE DO NOT PLACE ICE PACKS OR HEATING PADS ON OR NEAR ANY SURGICAL SITES DUE TO ALTERED SENSATION AND INABILITY TO FEEL WHEN TOO HOT/TOO COLD!!!

7. **Dressings:** Dressings are simple and consist of medical-grade glue, soft padding to absorb any oozing from the wounds, and a gentle compression bra/wrap without underwire. Do not pick at or attempt to remove the glue. It will fall off with time. Replacing padding daily keeps the area clean and dry.
8. **Bathing:** You may shower on post-operative day two. No bathing or submerging in water (ie: pool, whirlpool, hot tub, etc.) for 2-4 weeks. It is advisable to pat dry the incision area gently prior to applying new soft padding to the area.