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### **Reconstruction with TRAM flap or Latissimus Dorsi Flap with tissue Expander**

- You may take dressings down and shower on \_\_\_\_\_. Tapes and sutures may get wet but not soaked in water. Pat tapes dry. If tapes do not fall off in 1 week, you may gently peel them off in the shower.
- See general instructions for drain instructions: Strip drains twice daily. Record output every 24 hours.
- Resume general activities 3-5 days after surgery. Energy level will return gradually.
- Begin arm exercises (walk fingers up the wall, brushing hair, brushing teeth) as soon as possible.
- Avoid vigorous activity and heavy lifting for 4-6 weeks.
- Physical therapy should begin in 2-4 weeks after surgery. You will receive information at your first postop visit.
- You have had major surgery—healing takes time!