Cynthia M. Goodman, M.D., Inc.
Aesthetic & Reconstructive Plastic Surgery
2200 Larkspur Landing Circle #104
Larkspur, CA 94939
(415) 925-8555
(415) 925-4082 fax

POST-OPERATIVE INSTRUCTIONS FOR TRAM

1. Take it easy the first day you get home from the hospital. You may get up to use the bathroom as needed. Wiggle your toes and feet to prevent blood clots in your legs. Keep your abdomen flexed at all times. Do not stand up straight.
2. Continue taking antibiotics as prescribed.
3. Take any pain medication as directed. Remember not to take medication that may increase bleeding or bruising.
4. Begin eating light meals and progress to a regular diet as tolerated.
5. Drain care: strip, empty, and record the output every 6 hours and as needed if half full. Do not take a shower until 48 hours after the drains come out.
6. No baths or hot tubs until 2 days after the drains are removed.
7. Keep the incision sites clean and dry.
8. You should expect some slight oozing from the incision sites- this is normal. Please call the office if you develop any of the following symptoms: *redness, swelling, severe pain, cloudy drainage, shortness of breath, or dizziness*.
9. For the first two weeks after surgery you need to avoid any activity that will raise your blood pressure or pulse and avoid lifting heavy objects (anything heavier than 5 pounds).