

# POST-OPERATIVE INSTRUCTIONS FOR PATIENTS

## FLAP SURGERY

### AFTER YOUR SURGERY, THERE ARE SEVERAL THINGS YOU SHOULD KNOW TO TAKE PROPER CARE OF YOUR WOUNDS AND HEAL AS SOON AS POSSIBLE:

- Drain output twice per day and bring output record to the clinic. See attached sheet to document outputs.
- If a surgical bra was placed during your surgery, please keep it on at all times. During the first week, use the bra with the hole during showers for constant support.
- Wash your wounds with soap and water daily. However, do not soak your surgical wound under water.
- Do not apply heating pad or ice to mastectomy skin.
- If you do not have dietary restrictions, a recommended diet for the first 2 weeks would be high protein (80-120 grams a day) and lower carbohydrate, sugar diet. Drink at least eight, 8-ounce glasses of water daily.
- No heavy lifting (more than 10 lbs) for six weeks. Avoid large arm movements, repetitive movements, or above-shoulder work. Avoid twisting, standing up straight or hyper-extending the back. No driving.
- Get up and walk every two hours while awake to keep blood flowing properly in the legs (not with the goal of elevating heart rate or “working out,” but rather to help blood circulate in your legs.)
- Follow up with Dr. Ferguson’s outpatient clinic in \_\_\_\_\_ days.  
*Please call for an appointment, 801.507.1650.*

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## CALL ANYTIME

YOU CAN REACH OUR OFFICE  
ANY TIME (including after hours)  
**801.507.1650.**

**Call us immediately if you think  
you have an infection or if you  
notice any of the following:**

- *Increasing redness or hot to the touch*
- *Increasing pain*
- *Increasing swelling*
- *Fever greater than 101°F*
- *Vomiting more than two times*
- *Changes in flap color like bleach white, dark purple, or sudden increase in size, bruising, or ice cold to the touch.*

**Notify your local emergency  
department or dial 911 if you  
experience:**

- *Chest pain*
- *Shortness of breath*
- *Vision changes*
- *Loss of consciousness*
- *Other emergencies*