



My Recovery Roadmap

Bilateral DIEP Flap Breast Reconstruction

Track your progress by checking off items when you finish them. You can keep track here or in your Goals to Discharge checklist. To learn more, read *Frequently Asked Questions About the Goals to Discharge Checklist*. You can find it at www.msk.org/goals_discharge or by pointing your smartphone or tablet camera at the QR code to the right.



Day of Surgery

Eating and drinking

- I started drinking liquids.
- I ate solid food.

Managing my pain

- I took oral pain medicine.
- I talked with my nurse about my pain medicines.

Moving around

- I used my incentive spirometer following my nurse's instructions.
- I moved to my chair with help.
- I walked around the unit with help.

Caring for my drains

- I learned how to care for my drains from my nurse.
- I told my nurse about my caregiver who will help me care for my drains at home.

Getting ready to leave

- I talked with my nurse about my discharge date.

After Surgery (Post-op Day 1)

Managing my pain

- I talked with my nurse about my pain medicines.

Moving around

- I spent most of the day sitting in my chair.
- I walked more each day.
- I met with my physical therapist.
- I learned how to shower at home from my nurse.

Caring for my incisions

- I learned how to care for my incisions from my nurse.
- I showed my nurse that my caregiver and I can care for my incisions.

Caring for my drains

- I watched *How To Care for Your Jackson-Pratt Drain* (www.msk.org/jp).
- I showed my nurse that my caregiver and I can care for my drains.



Getting ready to leave

- I have a ride home tomorrow morning.
- I talked with my nurse about the supplies I'll take home.

Going Home (Post-op Day 2)

Getting ready to leave

- I ate breakfast.
- I went over my discharge instructions with my nurse.
- I talked with my pharmacist or nurse about the medicines I'll take at home.
- I understand that I must take my blood thinner medicine every day.

Do not do these things until your surgeon says it's safe to do them:

- Do not do any activities that can put strain on your upper body (such as push-ups).
- Do not do any high-impact activities (such as running, jumping, or aerobics).
- Do not lift or carry anything heavier than 5 pounds (2.3 kilograms). This includes pets and children.