



# My Recovery Roadmap

## Bilateral DIEP Flap Breast Reconstruction

Track your progress by checking off items when you complete them. You can keep track here or in your MyMSK Goals to Discharge checklist. For more information, read *Frequently Asked Questions About the MyMSK Goals to Discharge Checklist*. You can find it at [www.mskcc.org/goals\\_discharge](http://www.mskcc.org/goals_discharge) or by pointing your smartphone's 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 medication.
- I talked with my nurse about my pain medications.

#### 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 the name of my caregiver who will care for my drains at home.

#### Getting ready to leave

- I talked with my nurse about my discharge date.

### Days After Surgery

#### Managing my pain

- I talked with my nurse about my pain medications.

#### 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.

#### Caring for my drains

- I watched *How to Care for Your Jackson-Pratt Drain* ([www.mskcc.org/jp](http://www.mskcc.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 from the hospital.
- I reviewed the supplies I'll take home with my nurse.

### Going Home

#### Getting ready to leave

- I ate breakfast.
- I reviewed my discharge instructions with my nurse.
- I reviewed the medications I'll take at home with my pharmacist or nurse.
- I understand that I must take my blood thinner medication 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.