



My Recovery Roadmap

Bilateral DIEP Flap Breast Reconstruction

Track your progress by checking off items when you complete them.

Pre-Operative (Pre-op) Visit

Setting recovery goals

- I understand my instructions for taking medications and dietary supplements before my surgery.
- I understand my instructions for eating and drinking before my surgery.
- I'm familiar with my recovery roadmap for my hospital stay.
- My main caregiver learned about my surgery and how to help me care for myself afterward.

Setting up MyMSK

- I have a MyMSK account.
- I know my MyMSK username and password.
- I have the MyMSK app on my smartphone or tablet.

Learning about my incisions, drains, and medications

- I know I'll need to care for my incisions at home after my surgery.
- I know I'll have some drains when I leave the hospital and will need to care for them at home.
- I know I'll need to take blood thinner medication at home after my surgery. Before I leave the hospital, my doctors will decide if it will be an oral medication (pill) **or** an injection (shot).

Planning for my discharge

- I know my planned discharge date.
- I have a ride home from the hospital.
- I have a caregiver to help me at home after my surgery.

At Home

Getting ready for my surgery

- I read *Getting Ready for Surgery*. You can find it at www.mskcc.org/ready_surgery or by pointing your smartphone's camera at the QR code to the right.
- I called my healthcare provider to ask them questions **or** I do not have any questions.



Learning about my drains and medications

- I watched *How to Care for Your Jackson-Pratt Drain* (www.mskcc.org/jp).
- I read *Rivaroxaban* (www.mskcc.org/rivaroxaban).
- I called my healthcare provider to ask them questions **or** I do not have any questions.





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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* (www.mskcc.org/goals_discharge).



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*.
- 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.