

My Recovery Roadmap

Latissimus 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. Read *How to Use Your MyMSK Goals to Discharge Checklist* (www.mskcc.org/pe/goals_discharge_checklist) for more information.

Day of Surgery

Eating and drinking

- I drank liquids all day.
- I ate solid foods.

Managing my pain

- I switched from IV pain medication to oral pain medication.
- I talked with my nurse about my pain medications.

Moving around

- I moved to my chair with help.
- I sat in my chair.
- I walked around the unit with help.

Tubes and drains

- My urinary (Foley) catheter was removed.
- My nurse showed me how to take care of my drains.
- I told my nurse the name of my caregiver who will care for my drains at home.

Getting ready to leave

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

Day of Discharge

Managing my pain

- My pain medication is managing my pain.

Moving around

- I ate my meals while sitting in my chair.
- I walked more today than yesterday.
- I met with my physical therapist and learned how to get into and out of bed safely.
- I met with my physical therapist and learned the exercises I'll do at home.

Caring for my incisions and drains

- I learned how to care for my incisions.
- My dressing was removed.
- I watched the video *How to Care for Your Jackson-Pratt Drain*.
- I showed my nurse that my caregiver and I can care for my drains.

Giving myself an injection

- I watched the video *How to Give a Subcutaneous Injection Using a Prefilled Syringe*.
- I showed my nurse that my caregiver or I can give myself a subcutaneous injection.

Getting ready to leave

- I ate breakfast.
- I learned how to shower at home from my nurse.
- I reviewed my discharge instructions with my nurse.
- I reviewed the medications I'll take at home with my pharmacist or nurse.

Activity Restrictions

- Don't **push, pull, or lift** anything with the arm on the side of your surgery.
- Don't put any **pressure** on your breast or chest area.
- Don't put ice or hot packs on the area you had surgery.

Follow these restrictions until your surgeon says it's safe to stop.