

My Recovery Roadmap

Latissimus Flap Breast Reconstruction

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

Pre-Operative (Pre-op) Visit

Getting ready for my surgery

- 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 understand I'll get a nerve block on the day of 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 give myself injections (shots) of a medication at home after my surgery.
- I know I'll need to follow some restrictions with lifting my arm after my surgery, including when I shower.

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've read the resource *Getting Ready for Surgery* (www.mskcc.org/pe/getting_ready_surgery).
- I've called my healthcare provider to ask them questions **or** I don't have any questions.

Learning about my drains and medications

- I've watched the video *How to Care for Your Jackson-Pratt Drain* (www.mskcc.org/pe/jackson_pratt).
- I've watched the video *How to Give a Subcutaneous Injection Using a Prefilled Syringe* (www.mskcc.org/pe/subq).
- I've called my healthcare provider to ask them questions **or** I don't 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. 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.