



# My Recovery Roadmap

## Latissimus Flap Breast Reconstruction

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

### Pre-op Visit

#### Setting my recovery goals

- I understand my instructions for taking medicines 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 know about and understand my recovery roadmap for my hospital stay.
- My main caregiver learned about my surgery and how to help me care for myself after it.

#### Setting up my MSK patient portal account

- I have an MSK patient portal account.
- I know my MSK patient portal username and password.
- I have the MSK patient portal app on my smartphone or tablet.

#### Learning about my incisions, drains, and medicines

- 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 medicine at home after my surgery. Before I leave the hospital, my doctors will decide if it will be an oral medicine (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.msk.org/ready\\_surgery](http://www.msk.org/ready_surgery) or by pointing your smartphone or tablet camera at the QR code to the right.
- I contacted my healthcare provider to ask them questions **or** I do not have any questions.



#### Learning about my drains and medicines

- I watched *How To Care for Your Jackson-Pratt Drain* ([www.msk.org/jp](http://www.msk.org/jp)).
- I read *Rivaroxaban* ([www.msk.org/rivaroxaban](http://www.msk.org/rivaroxaban)).
- I contacted 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 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* ([www.msk.org/goals\\_discharge](http://www.msk.org/goals_discharge)).



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

### Day of Discharge (Post-op Day 1)

#### Managing my pain

- I talked with my nurse about my pain medicines.

#### Moving around

- I spent most of the morning sitting in my chair.
- I walked more today than yesterday.
- I met with my physical therapist.

#### 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.
- My nurse took off my dressing.

#### 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 ate breakfast.
- I learned how to shower at home from my nurse.
- 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.