

Important information after DIEP surgery:**Important Information:**

- Do not consume caffeine or chocolate for 6 weeks following surgery. Decaffeinated products are ok.
- Take 81mg of aspirin for 3 months following surgery.
- Please call the clinic if you develop any significant redness, swelling, fever, chills or have any changes to flap appearance since surgery. (321) 841-7090

How long is recovery?

Typically, it will be 6-8 weeks before you will be able to resume most normal activities. You will be sore for 3-4 weeks and then should begin to improve daily.

Will I have drains in place?

Yes, you will have JP drains. There will be a least one drain for each DIEP breast flap and one on each side of the abdominal incision. You will need to empty and record the drainage at least twice daily. We typically remove the drains after you have less than 20 ml of drainage daily, for 3 days, in a row.

How long do I have to use walker/be hunched over?

- A rolling walker needs to be used for 2-4 weeks following surgery and it is important to walk "hunched over" in a flexed position and to also sleep in a flexed position, on your back. This commonly causes back discomfort. Please take your muscle relaxant as prescribed.
- After 2-4 weeks, you can gradually begin to stand up-right, as tolerated; however, you must still sleep in a flexed position. You can begin to resume gentle range-of-motion but avoid hyperextension or quick, jerky movements with upper extremities.

When can I exercise?

- For the 1st 2 weeks, no lifting, pushing or pulling over 5 pounds.
- For the 2nd 2 weeks, no lifting, pushing, or pulling over 10 pounds
- For the 3rd 2 weeks, no lifting, pushing or pulling over 20 pounds.
- No stooping, bending or climbing for 6 weeks following surgery.
- No exercise until after 6 weeks and your incisions are completely healed.

When can I shower?

Typically patients are allowed to shower before leaving the hospital after surgery.

When I can I drive?

We recommend you do not drive for 3-4 weeks or if you are taking narcotic pain medications. Do not drive unless you are feeling comfortable enough to drive.

When can I start wearing a bra?

This will vary for each person. Typically you are asked to not wear a bra until at least 8 weeks after surgery. When you do wear a bra it should be soft cotton and have a front closure and no underwire.

When can I have sex?

This will vary with each patient, but typically 6 weeks

Note: ALL information is subject to modification by your surgeon