

## Breast Reconstruction Timeline Infographic

### 1 Consult

- evaluation and discussion of treatment options
- developing a customized treatment plan
- pre-operative measurements and photographs
- required imaging and tests ordered

### 2-3 Weeks Prior to Surgery

- in-office procedure to clip superficial veins to enhance blood flow
- address questions and concerns regarding treatment plan and expectation

### 3 Day(s) Prior to Surgery

- preoperative markings in office
- prescriptions sent to pharmacy for pick up after visit
- address questions and concerns regarding treatment plan and expectation

### 4 Morning of Surgery

- carbohydrate rich fluids until 2 hours before surgery (no red or purple drinks)
- initiation of ERAS (Enhanced Recovery After Surgery) protocol with first dose of Tylenol, Gabapentin, and Celebrex 1 hour prior to surgery
- meet experienced anesthesiologist who will perform specialized ultrasound-guided nerve blocks to enhance post-operative recovery and pain control

### 5 Day of Surgery

- total expected surgery time is patient and procedure specific, but is generally between 3-8 hours (this includes mastectomy and lymph node biopsies in immediate breast reconstruction)
- breast surgeon will debrief patient's designated contact(s) when that portion of the procedure is complete
- plastic surgeon will debrief patient's designated contact(s) immediately after completion of reconstruction is complete
- wireless-enabled tissue oxygen perfusion monitoring device placed on reconstructed breasts in the operating room
- post-operative discharge to floor or ICU depending on nurse availability
- bed rest and full liquid diet for the first evening
- begin low-molecular weight heparin that will continue for 7-10 days

### 6 POD (Post-Operative Day) #1

- ambulation with abdominal binder, surgical bra, and assistance
- advance to full diet
- wound and drain care teaching
- possible discharge home if patient meets criteria

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### 7 POD (Post-Operative Day) #2

- flap monitoring devices removed
- discharge home with appropriate medications

### 8 POW (Post-Operative Week) #1, 2, 4

- office visits consisting of wound care and drain removal
- advancing physical activity and continued use of surgical garments for 4 weeks after surgery

### 9 POM (Post-Operative Month) #3

- plan for Second Stage outpatient surgery
- pre-operative photographs taken
- address questions and concerns regarding treatment plan and expectation

### 10 POM (Post-Operative Month) #6

- continued incision care and aesthetic result monitoring
- plan for nipple and areola reconstruction and minor revisions as needed

### 11 POM (Post-Operative Month) #12

- photographs for final results
- address any additional concerns

### 12 POM (Post-Operative Month) #15

- the period when our journey is expected to conclude

POS Reorder # 1925017