



Getting Ready for Flap Surgery

These are the things you need to do to get ready for you flap surgery. You will heal better, if you read and follow your Plastic Surgeon’s advice below.

Starting right now:

- **Eat** good food, such as chicken, beef, turkey, eggs, fish, cheese, milk, nuts, beans. Protein helps to heal your flap.
- **Drink** Ensure, Boost, Carnation Instant Breakfast, or Protein powder mixed with juice or milk .¹
- **Ask** to talk to a dietitian, if you aren’t sure what to eat.
- **Do not sit in your wheelchair or apply pressure to your pressure sore.**
- **Keep the ulcer clean.** Do the dressing changes the doctor has ordered.
- **Tell the doctor any pills you are taking, even over the counter or herbs**



One month before Surgery: My date for surgery: _____

- If you smoke, **stop smoking.**
- If you use street drugs, **stop using** or your surgery will be canceled. **Stop alcohol use.**
- Ask your social worker, psychologist, or doctor for help to stop smoking or to stop using street drugs.
- Ask about donating your own blood or having someone donate blood for you. If blood is donated for you, you will need 10 people to give blood. **Start your paper work with the Red Cross,** if you wish to donate blood.
- Continue to keep the ulcer clean and do the dressing changes.



Two weeks before Surgery:

- **Donate** blood at the Red Cross, you or your family.

One week before Surgery:





Call if you have fever, a cold or the flu.

- **Stop taking Aspirin, Advil, Motrin. Any of these pills and many others could cause you to bleed too much during surgery.**
- **Stop any over the counter pills, liquids, or herbal/natural pills or teas.**
- **Call if you have a fever, the flu, or a cold.** Call the Pressure Ulcer Management office Monday thru Friday 8 am to 4:30 pm at 562-401-7167. Or call the assistant nurse manager on 3 north on Saturday or Sunday at 562-401-6224. You may leave a message. Your call should be returned within one hour.



Five days before Surgery:

- **Do your bowel program every day.**
- **Buy your Lever 2000 antibacterial soap.**
- **Call if you have a fever, the flu, or a cold.** Call as listed above.

Three days before Surgery:

- **Shower or bath every day with Lever 2000 soap.**
- **Call if you have a fever, the flu, or a cold.**



On Pre-op day:

- **Be on time for your appointment.**
- **Ask your doctor any questions you have about your surgery.**
- **Go for your pre-op tests.**
- **Be ready to give a urine sample. If the urine sample is positive for street drugs, you will not be admitted. Your surgery will be canceled.**
- **If you are a smoker, please ask your doctor for help.**
- **Talk to the Social Worker or Psychologist, if you need help to stop smoking or to stop using street drugs.**
- **Nicotine in cigarettes lowers the oxygen in your blood. Without oxygen, your flap won't heal.**



Don't forget!

Day of Admission:

- **You will receive I.V antibiotics, wound care, I.V. fluids, and a shower.**
- **Ask any questions you have about your surgery or hospital stay.**

What else do I need to know?

- **If you decide not to donate blood, you can accept blood from the hospital's blood bank.**
- **The chances of being infected from Hepatitis C are 1 in a million.**
- **The chances of being infected with the AIDS (HIV) virus are 1 in a million.**
- **You will be in the hospital about 8 weeks. You will be in a clinotron bed for at least 4 weeks. You will be able to start physical therapy 4 weeks after surgery. You will be able to sit in your wheelchair 6 weeks after surgery.**



8/30/05 PUM Team/GG

At Home After Your Flap Surgery:



Call your Doctor

- Sit in your wheelchair only 4-6 hours a day. Do not sit or lie on any red and/or discolored area until your skin is back to its normal color.
- Call your doctor for new skin breakdown, fever, and/or swelling, drainage, warmth in your flap area. Your flap is skin & muscle. Your flap is very fragile. Be careful! You can get skin break down in the same area again.
- Sit only on padded surfaces and whenever possible on your wheelchair cushion.
- Inspect your skin 2 times a day. Keep it clean and dry.
- Do your RAISES every 15 minutes for 15 seconds.
- Consider purchasing a watch with a countdown timer to help you remember to do your RAISES (Timex or Vibralite).
- Do RAISES every 5 minutes when showering or toileting
- Do not do any jarring, bumping or sliding movements.
- Do not do activities such as roller coaster rides, wheelchair sports, weight lifting, sliding/crawling on the floor or bumping up stairs. You can ask the doctor if these activities will ever be safe for you.
- Please follow your doctor's advice and keep your appointments.
- You will come to clinic in one month. Check to see if you can increase your sitting time.



Don't forget



Questions or Concerns?

- Call the Pressure Ulcer Management office: 562-401-7167 Monday thru Friday 8-4:30.
- After hours, weekends, or holidays, call the hospital charge nurse: 562-401-7111.
- Call 562-401-8390, if you need an earlier appointment.



You are the key.

- You are the key person who is responsible for your health. You need to decide to make the lifestyle changes the Pressure Ulcer Management team have suggested.
- Good luck to you. Call if you need assistance. Remember we are here to help you when needed.
- **For Emergencies: Call 911 or go to the nearest emergency room.**



Call us. We want to help you stay healthy