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ADDRESS 7400 Fannin #870 Houston, Tx 77096

DIEP breast reconstruction post surgical care:

- Please use the JP drain post operative form to monitor your drain output. Please take the form with you to each post operative visit. Dr. Murillo will need to review it prior to removing any drains.
- You will be required to take aspirin daily for the next 30 days. Please complete all of your antibiotics and any other medications you were prescribed. If you need more pain medication, please notify the office when you have 4 tablets left.
- **YOU WILL BE REQUIRED** to eat a minimum of three meals a day, with meat the size of your fist or a protein shake. This should equate to 30 grams of protein every 4 hours while awake. You are required to eat even if you do not have an appetite. Please inform the office if you are nauseated. They will prescribe medication to prevent this. Protein is essential to wound healing. You will be required to stay on this diet for the next 6 weeks.
- Tight glucose control is essential to wound healing. If you have diabetes please keep tight control of your blood glucose. If you have difficulty with this please notify the office immediately.
- Please shower daily. No baths. Wash the wounds with Dove (plain or sensitive skin bar) soap and water. Rinse and pat dry.
- Do not use nicotine products. This includes any vape, nicotine packs, nicotine patches, cigarettes, or any other tobacco products. Nicotine can contribute to wound breakdown.
- You are to stay bent at the waist for 2 weeks after surgery. Do not attempt to stand entirely straight. This could cause tension on the abdominal incision and result in the wound opening.
- Please do not take Ozempic (Semaglutide), Mounjaro (Tirzepatide), Rybelsus, Wegovy, Zepbound, any GLP-1 inhibitor, phentermine, any weight loss medication, or any medication that could delay gastric emptying without discussing with Dr. Murillo after surgery.
- Please stay flexed at the waist for two weeks. This will allow your abdominal incision to heal. After two weeks you may slowly start to stand straight. Expect up to two more weeks to be able to stand straight.