

St. Elizabeth's Medical Center

A STEWARD FAMILY HOSPITAL



Post-Treatment Instructions for Reconstruction Using Free Flaps

1. You will feel discomfort in the neck for 10 days post-operatively. This is normal and will slowly improve. You may experience discomfort at the flap harvest site for longer than that. Use caution with narcotic pain medication, as this can cause constipation.
2. Decrease your normal level of activity while you are healing. Lift nothing heavier than a jug of milk until your first post-operative visit. Your doctor will give you additional restrictions and guidelines.
3. Watch carefully for wound breakdown in the primary site and in the harvest site. This can be common for some people. Also watch for sudden leakage of fluid, sudden increase in size, or redness. Call the clinic or ENT fellow on call right away. If short of breath, call 911.
4. Numbness or weakness in the operative sites is common after this procedure. Your doctor will give you additional details.
5. The transplanted tissue will not look normal initially. This is very common, and may be expected. Your doctor will give you additional details.
6. Empty drains three times per day and keep daily totals of the output. Your doctor may ask you to call this information in to the clinic daily.

7. _____

8. _____

Post Operative Emergency Contact Information:

For Bleeding, x, y, or post-operative emergency situations please call:

Daytime clinic number: 617-789-5004

After hours (ENT fellow on call): 617-789-3000

Patient's Signature _____ Nurse's Signature _____

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