



TAROLA PLASTIC SURGERY

NICHOLAS A. TAROLA, MD

Postoperative Care of Pressure Sore Flap Reconstruction

- Postoperative care of pressure sore reconstruction is extremely important to reduce the risk of complications.
- The suction drain will remain in place until the drainage is less than 30 cc over a 24-hour period.
- Staples and sutures will remain in place for at least 14 days.
- From the time of transfer from the operating table to the air-fluid bed, exercise care to prevent shearing and tension across the flap repair.
- Patients are positioned flat in the air-fluid (Clinitron) bed for 4 weeks.
- After 4 weeks, the patient can be placed carefully into a semi-sitting position for 10-15 minutes at a time 3-4 times per day.
- Six weeks after surgery, sitting is begun initially for 10-minute intervals 3-4 times per day.
- After these sitting periods, evaluate the patient's flap for discoloration and wound edge separation.
- The sitting periods are increased at 10-minute intervals over 2 weeks for up to 2-hour periods.
- Patients are taught to lift themselves to relieve pressure for 10 seconds every 10 minutes.