

Department of
GENERAL SURGERY

**Patient Guidebook for Enhanced Recovery After
Surgery (ERAS) - Plastic, Reconstructive and
Aesthetic Surgery**





IMPORTANT!

Please bring this booklet with you
when you visit the following:

- Clinic 2A/ 2B
- PACE Clinic and Anesthesia Counselling (PACE)
- Pharmacy (Level 2)
- Dietician
- Physiotherapist
- Breast Care Nurse
- Day Surgery Centre
- Day Of Your surgery



Content Page

Before Surgery

1	Understanding Breast Reconstruction Surgery	4
2	Preparations for Surgery.....	5
	• Stop Smoking and Drinking Alcohol	
	• Remain Active	
	• Eat Healthy	
3	Pre-Admission Counselling and Evaluation (PACE)	8
4	Powdered Nutritional Supplement	9
5	Formulated Carbohydrate Drink	10

After Surgery

6	What Happens?	11
7	Dietary Advice	12
8	Resuming Activities	13
9	Reducing Pain	14
10	Deep Breathing Exercises.....	15

Content Page

Discharge From Hospital

11	Discharge from Hospital.....	16
12	Recovering At Home.....	17
13	Complications, Problems and Questions	19
14	Resources for Patients	21

Activity Booklet: Preparing for Surgery

15	• 2 Weeks Before Surgery	22
	• 1 Week Before Surgery	22
	• 5 Days Before Surgery	23
	• 4 Days Before Surgery	23
	• 3 Days Before Surgery	24
	• 2 Days Before Surgery	25
	• 1 Day Before Surgery	25
	• Day of Surgery	26
	• Drain Chart.....	27

Understanding Breast Reconstruction Surgery

Breast Reconstruction is a surgery to restore the breast's shape after a mastectomy, and it can involve either implants or using your own tissue (flap reconstruction). Do clarify with your doctor if you have any doubts.

<input type="checkbox"/>	Pediced Transverse Rectus Abdominis Musculocutaneous (pTRAM) Trap	Ellipse of skin and fat transposed up from the lower abdomen along with one side of the rectus muscle. Horizontal abdominal wound is sutured close.	Procedure Duration: 4-6 hrs Hospital stay: 5-7 days
<input type="checkbox"/>	Free Transverse Rectus Abdominals Musculocutaneous (fTRAM) Flap	Similar to pTRAM flap, except tissue is completely detached from abdominal region. Flap is re-attached to blood vessels in the chest/ arm pit.	Procedure duration: 6-10 hrs Hospital Stay: 5-7 days
<input type="checkbox"/>	Deep Inferior Epigastric Perforator (DIEP) Flap	Ellipse of skin and fat is harvested from the abdomen without any rectus muscle. Flap is re-attached to vessels in the ches/ axilla.	Procedure duration: 6-10 hrs Hospital Stay: 5-7 days
<input type="checkbox"/>	Implant reconstruction	May be performed with a Lattismus Dorsi (back muscle) skin, and/or with Accellular Demal Matrix (ADM). Done as a single or 2-stage procedure (with tissue expander)	Procedure duration: 2-4 hrs Hospital stay: 1-2 days
<input type="checkbox"/>	Others	Lattissimus Dorsi (back muscle and skin) flap may be performed alone or with an implant for skin/ soft tissue coverage. In selected cases (e.g. locally advanced cancer or patients who are unfit for flap surgery), skin grafts may be used to cover raw exposed wounds after cancer has been surgically removed. Skin grafts are usually harvested from either thigh.	Procedure duration: 2-4 hrs Hospital stay: 1-2 days

Preparations for Surgery

Stop Smoking and Drinking Alcohol

Smoking and alcohol consumption can cause complications to your surgery. Stop smoking and avoid alcohol intake for at least **four weeks before** your surgery.



Negative Effects of Smoking

- Decreases your heart and lung function
- Decreases your body's ability to heal
- Increases your risk of developing complications



Negative Effects of Alcohol

- May interfere with anaesthesia
- Decreases your heart and lung function
- Increases your risk of bleeding
- Increases your risk of developing complications

Preparations for Surgery

Remain Active



Daily exercise is important to keep your body strong and ready for surgery. Continue to exercise or start exercising slowly.



A physiotherapist can help strengthen your body and prepare you for surgery

- Simple exercise such as brisk walking, jogging or swimming up to 30 minutes a day is strongly recommended.
- Staying active helps you return to normal activities faster after surgery.



Go to [Page 21](#)
to access
'Physiotherapy Before
Surgery' Booklet

Preparations for Surgery

Eat Well to Prepare for Surgery

Your body needs enough nutrients and energy to prepare for and recover from surgery. You must continue to eat well.



It is important to consume sufficient energy containing foods such as: **rice, noodles, porridge, breads and healthy oils.**



It is important to consume sufficient high-protein foods such as: **pork, chicken, fish, beef, tofu, eggs, milk and soy milk.**



- Your doctor may prescribe you nutrition drinks (Oral Impact) to take before surgery.



Go to [Page 21](#) to access 'Eating Well Before Surgery' Booklet

Preparations for Surgery

Pre-Admission Counselling and Evaluation (PACE)



PACE CLINIC MEDICAL BLOCK, LEVEL B2

You will be reviewed at PACE Clinic by a Nurse and/or Anaesthetist to prepare you for surgery.

- You may receive iron injections to boost your blood iron levels.
- You will be informed of any medication changes, especially if you are on blood thinning drugs.

Powdered Nutritional Supplement

Oral Impact



Decrease risk of wound infection after surgery



Improve post-surgical wound healing and body's immunity

How to Use Oral Impact

- You will be prescribed approximately 15 sachets of Oral Impact (quantity may vary depending on your needs) to be taken over five days prior to your surgery.



- Empty one sachet of Oral Impact into 250ml (one large cup) of warm water. Mix well. Consume Immediately.
- Using a shaker can help dissolve your powder.

Formulated Carbohydrate Drink

Vitaflo Preload



Helps you feel less hungry when you fast before surgery



Helps you recover faster and may reduce the length of your hospital stay

How to Use Vitaflo Preload

- You should have been prescribed a total of **one** sachet of Preload to be taken on the day of surgery.
- Take Preload at least **two** hours before your surgery



- Empty **one** sachet of Preload into 400ml of water. Stir continuously.
- Consume Immediately.
- Use a measuring jug to get the right amount of water.

After Surgery

What Happens?



After surgery, you will first rest in the recovery bay. Once assessed to be medically stable, you will be transferred to ward



- Intravenous drip and urinary catheter inserted during the operation
- Drains will also be inserted into your abdomen and chest.
- You will be wearing an abdominal binder



- You will be required to lie in a jack-knife (heads up, knees up) position the first- few pre-operative days
- You will be encouraged to walk or sit out of bed for a total of **three** hours on the same day as your surgery.



You may be able to drink once you reach the ward on the same day. Nutrition drinks will be served.



Pictures above are examples of nutritional drinks that may be served to you after your surgery. Please do not purchase these items on your own.

After Surgery

Dietary Advice



Start taking nutritional drinks after your surgery followed by food if you are well enough.



Eating as soon as possible gives your body the nutrition it needs for recovery.



Increase your oral intake gradually, starting from drinking more fluids, nutritional drinks, to eating normal food.



If you encounter nausea, bloatedness or abdominal pain, inform your nurse or doctor.

A dietitian may give you dietary advice before you leave the hospital.



Do eat energy containing foods such as: **rice, noodles, breads, healthy oils** and protein containing foods such as: **pork, fish, chicken, beef, tofu, eggs, milk** before consuming soup, vegetables, fruit, especially if your appetite is poor.



After Surgery

Resuming Activities

Day
After
Surgery

Three hours of sitting on a chair or walking.

2 Days
After
Surgery

Six hours of sitting on a chair or walking.



Your nurse or physiotherapist will be there to help you. Physical activity increases the speed of your recovery and reduces the risk of complications after surgery.



Go to [Page 21](#) to access
'Physiotherapy Before
Surgery' Booklet

After Surgery

Reducing Pain



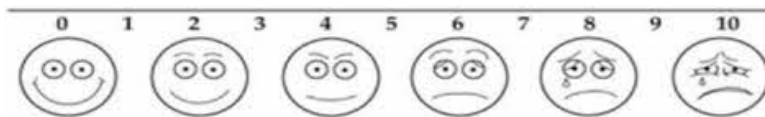
You should be able to move around the ward and eat with minimal pain.



The medical team will ensure you have enough painkillers.



Your doctor or nurse will ask for your pain score. Your score should not exceed 3 out of 10.



Pain Score Scale



If you still have pain after taking painkillers, please inform your doctor or nurse.

After Surgery

Deep Breathing Exercises With No Equipment

Encouraged to start after you are awake after surgery

1. Sit up straight on supported chair/ bed
2. Take a deep breath through your nose for 3 seconds.
3. Breathe out through your pursed lips



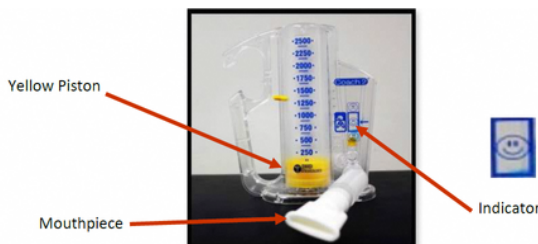
Deep Breathing Exercises with an Incentive Spirometer

- Sit upright in bed or on a chair
- Hold the Incentive Spirometer in upright position

Only applicable when issued a spirometer

Breathe out normally, then do the following:

- Put the mouthpiece in your mouth and seal your lips tightly around it.
- Inhale slowly through your mouth as deeply as you can. The yellow piston will rise inside the column.
- As the piston rises, the indicator should move upwards.
- Aim to keep this indicator within the "smiley face" for up to 3 seconds.
- Breathe out gradually.



1. 10 breaths per waking hour
2. Do throughout hospital stay and first 2 weeks at home

After Surgery

Discharge from Hospital

You can be discharged when:



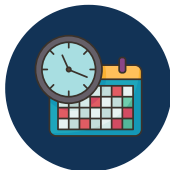
- you can pass gas and/or stool
- you are able to eat and drink
- you are able to move around comfortably
- your doctor certifies you fit for discharge
- you feel confident in looking after your drains before going home
- you feel little or no pain with oral pain medication



Go to [Page 27](#) to chart the amount of drain amount when you are at home



If you require rehabilitation, you may be discharged to a Community Hospital.



A follow-up appointment will be scheduled with your doctor.

Discharge from Hospital

Recovering at Home: Food and Nutrition



You should eat and drink well after returning home to help you recover faster.

- Start with soft, non-oily and simple energy and protein containing foods like **porridge** or **soft rice**, with **soft meats/fish/eggs/tofu**.
- Consume soft vegetables advised by your doctor or dietitian.
- You may be asked to reduce your fibre intake for a few weeks after your surgery (e.g. whole grains, fruits, vegetables)
- Gradually transit to normal food in **two** weeks.
- If your doctor or dietitian has prescribed you with nutritional drinks, please continue to take them as prescribed.



It is normal to have a small appetite after surgery, this will slowly improve after time.



You may also experience more frequent stool, this should improve over time.

Discharge from Hospital

Recovering at Home: Managing Pain



You might still experience some pain when you are home.

You may need to take oral painkillers.

- Take oral paracetamol after discharge.
- Reserve the stronger pain medication for times when you really need it.

Recovering at Home: Exercise



- Continue to stay active.
 - Go for walks or do simple chores.
 - Feeling tired easily after surgery is normal and will improve in a few weeks.
 - Gentle circular movements of your shoulder and elbow joints will suffice.
 - Wear your abdominal binder as much as possible for support, especially when moving about.
- Avoid lifting or carrying heavy loads for **two** months after surgery.



Discharge from Hospital

Complications, Problems and Questions



You will receive a telephone call from your nurse to check on your well-being a few days after discharge.



Please contact the Breast clinic if you are feeling unwell or are experiencing any of the following:

- Fever
- Worsening pain despite pain relief medications
- Increasing redness over the breast or abdomen
- Sudden increase in the number of drain output



Plastic, Reconstructive and Aesthetic Surgery Clinic Number

Clinic 2B: 6889 4224

Clinic 2A: 6357 4259



Breast Clinic Number

6357 3755

SMS:

SNC Patma - 9720 8799

NC Josephine - 9720 8821

NC Tay Li Hui - 8938 3807



Coordinator

Suhashini - 8695 6778

Operating Hours

Mondays to Fridays:

8.30am to 5.30pm

Saturdays, Sundays and

Public Holidays: Closed

Discharge from Hospital

Complications, Problems and Questions



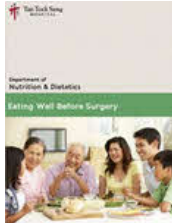
Come to the Emergency Department for immediate attention if you experience any of the following:

- Giddiness
- Breathlessness
- Fresh bleeding from the operated sites or drains

Resources for Patients

Scan the QR Code to Access the Booklet

Eat Well Before Surgery Booklet



Physiotherapy Before Surgery Booklet



Blake Drain (English)



Redivac Drain (English)



Activity Booklet



5 Days Before Surgery

Date: _____

After Breakfast



X 1

Oral Impact

After Lunch



X 1

Oral Impact

After Dinner



X 1

Oral Impact



4 Days Before Surgery

Date: _____

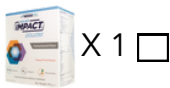
After Breakfast



X 1

Oral Impact

After Lunch



X 1

Oral Impact

After Dinner



X 1

Oral Impact

Activity Booklet



3 Days Before Surgery

Date: _____



Avoid the following:

- All nuts and seeds
- Alcohol, dairy products, hard foods (e.g. mushrooms, sea cucumber and raw vegetables)



Do eat the following:

- Seedless and skinless fruits
- Soft foods such as: thick porridge, soft noodles and rice, soft vegetables (e.g. steamed and soft leafy veg), shredded chicken, soft meats (e.g. minced and tender pork/beef)

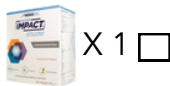
After Breakfast



X 1

Oral Impact

After Lunch



X 1

Oral Impact

After Dinner



X 1

Oral Impact

Activity Booklet



2 Days Before Surgery

Date: _____

After Breakfast



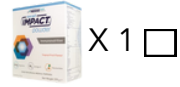
Oral Impact

After Lunch



Oral Impact

After Dinner



Oral Impact



1 Day Before Surgery

Date: _____



DAY SURGERY CENTRE,
TTSH MEDICAL CENTRE,
LEVEL 3

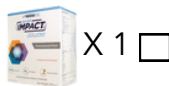
You will receive a call from Day Surgery Centre.
You will be advised on the reporting time
for your surgery.

After Breakfast



Oral Impact

After Lunch



Oral Impact

After Dinner



Oral Impact

Activity Booklet



1 Day Before Surgery

Date: _____

- Stop eating food from midnight and stop drinking clear liquids at least **2** hours before surgery.



Day of Surgery

Date: _____



BEFORE LEAVING HOME TO HOSPITAL



- X 1 Take **one** sachet of Preload mixed in 400ml of water.

- Take preload at least **two** hours before surgery.

When you arrive at the hospital, go to Day Surgery Centre, your team of doctors and nurses will meet you.

**Plastic, Reconstructive and
Aesthetic Surgery Clinic**

Clinic 2B: 6889 4224

Clinic 2A: 6357 4259

Breast Clinic

6357 3755



Scan the QR Code with your smart phone
to access the information online or visit
<https://nhghealth.com.sg>



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