



Dr. Steve Mora – Chest Wall Reconstruction, Pec Major Tendon Reconstruction and Pec Muscle Mobilization

Dear patient, we are looking forward to helping you with your chest-wall/pec major tear procedure. We look forward to helping you with every detail associated with your stay and procedure. Below are some instructions and suggestions to help you with your visit, preoperative planning, the surgery, post operative care and trip home.

YOUR VISIT OVERVIEW

- Most international patients will stay for 7 days. The preoperative visit with Dr. Mora is usually on Tuesday. It is important to bring in your medical history and list of medications. Dr Mora will examine you, review any studies, obtain a shoulder X-ray and will discuss the surgical plan with you.
- Surgery is usually performed on Wednesday or Thursday. The surgery is performed as an outpatient, aka same day surgery, under general anesthesia with a nerve block. The duration of surgery is 3-4 hours. Patient will go home or to their hotel the same day. Your arm will be in an arm sling.
- Our surgery center requires that you have a person present with you for 24 hours after the surgery. You will also need a driver to take you home or hotel. For safety reasons a Taxi or Uber are not acceptable options to take you home. You will also need to have someone stay with you the first 24 hours after surgery. If you are traveling alone, we can arrange to have a licensed nurse stay with you overnight. **With advance notice we can help arrange the driver and an overnight registered nurse service.**

WHERE TO STAY

- Our office is located at 1120 W. La Veta Ave, #300, Orange California. We are located next to St Joseph Hospital conveniently near the 5 and the 22 freeways. Ideally finding a short-term rental (Airbnb) or hotel nearby will simplify your local commuting.
- Recommended areas to stay include City of Orange near Old Town Orange, and Disney resort area. Look for a hotel near St Joseph Hospital. Although Santa Ana is nearby the neighborhood is a bit run down and not highly recommended.
- Nearby hotels include the Best Western Orange Plaza, Days Inn Orange, Ayres Hotel Orange, ALO Hotel by Ayres, Anaheim Marriott, Best Western Plus Meridian Inn & Suites.



WHEN YOU ARRIVE

- Confirm your pre op appointment by contacting our coordinator directly or calling the office at 714.332.5498.
- If you are travelling alone, please let us know as soon as possible so that we can help you arrange and reserve an overnight registered nurse.
- Plan transportation to and from the office.
- You will need to have laboratory tests done before surgery. If there is time get these tests done before the preoperative visit with Dr. Mora.
- Purchase Gatorade type drinks to have available after surgery.
- Confirm surgery location. Dr Mora operates at 3 surgery centers, all of which are nearby.

PREOPERATIVE VISIT AND NIGHT BEFORE SURGERY

- You will be seeing Dr Mora for a clinic visit before and again after the surgery. He will discuss everything you need to know about your surgical procedure. X-rays will be taken in the office. Dr Mora will also review your MRI if available. He will provide you with his personal contact information.
- Confirm your post operative appointment.
- After the preoperative visit you will be directed to the pharmacy to pick up medication, surgical soap (Hibiclens), Ibuprofen, multivitamins, and aspirin 81mgs.
- Use Hibiclens soap night before surgery and in the morning.
- Eat a small dinner and do not eat or drink anything after midnight. Do not eat breakfast.
- Shave your armpit hair on the surgical side the morning of surgery.

DAY OF SURGERY

- Report to the surgery center 1-1.5 hours before your surgery start time.
- You will have to make final payments for the surgery center and the anesthesiologist when you arrive.
- Provide the surgery center name of the person taking care of you that night. You must have a person or nurse spend the night with you. The surgery center cannot do the surgery unless they have the name and phone number of the person staying with you.
- The procedure duration is 3-4 hours. You will be given general anesthesia and a nerve block.
- You will stay in the recovery room for approximately one hour.
- Back to hotel to rest.



DRESSING AND WOUND CARE AFTER SURGERY

- The white surgical gauze dressing and tape will remain on for approximately 2 days. Your post-operative instructions from the surgery center will have the dressing removal date listed.
- Dr. Mora covers the skin incision with a waterproof watertight skin covering. It is a skin-glue based product with mesh. The mesh will protect the incision and allows for showering. Please do not peel off the mesh until instructed by Dr. Mora. It will usually stay on for two weeks. You can gently peel it off two weeks from your surgery date, but Dr. Mora will give you instructions on how to do this.
- Once you remove the initial gauze, you can wet the area. It's important that you keep your armpit clean and free of sweat and moisture. You can use over-the-counter antiseptic soap, such as Hibiclens to wash your armpit at least twice a day.
- You can shower as soon as the initial gauze dressing is removed. The mesh is completely watertight.

SLING

- Sling use is 4 to 6 weeks, the duration depends on the chronicity of the tear and complexity of the procedure.
- Your arm can be taken out of the sling, that way you can stretch out your elbow and air out your armpit area. Please do not move your arm away from your body more than a few degrees.
- Most slings have an additional bump, pillow, or extension that keeps the arm resting away from the body. These devices help to open the armpit slightly to decrease moisture. They can also make it easier to keep the armpit area clean.
- You can remove your arm from the sling and rest your hand on your thigh when you're sitting down. You can also use your hand or tabletop, such as using your hand for feeding.
- If your hand stays at midline of your body, lined up with your belly button, your repair is safe.

MEDICATION

- Oral antibiotics are started the day after your surgery and are continued until the bottle is empty.
- Dr. Mora will also prescribe a pain killer. You can start taking pain medicine anytime your pain is significant. Please do not take it if you are only experiencing mild pain. The key is to take the least number of narcotics as possible.
- Narcotic pain medication causes constipation and drowsiness. Be sure to drink plenty of fluids and consider taking over the counter constipation medications.
- Mild pain can be treated with over-the-counter Tylenol, Advil or Naprosyn.



OUT OF TOWN PATIENTS

- Dr. Mora would like to see you before you fly out. It's important that he looks at the incision and goes over the surgical procedure, as well as discuss the future expectations and instructions.
- If you are traveling by plane, talk to Dr. Mora about purchasing ambulatory leg squeezers, also known as sequential compression devices. These specialized wraps are battery powered and easy to apply/remove, especially while traveling on a plane. These devices pump the blood through your legs to decrease the risk of a blood clot. Deep blood clots present as severe swelling either of the forearm or the calf. They are used the first 2 weeks while in bed or resting. Stop using them once you are walking normally.
- If patients are flying home, they are instructed to take aspirin 81mg daily beginning one day before and one day after the flight. Aspirin is used to decrease the risk of blood clots.

PHYSICAL THERAPY

- There is no rush to begin physical therapy. In most cases, it starts 3-4 weeks after surgery. Dr. Mora will provide you with a written rehabilitation protocol. Prior to surgery, you may want to look for a physical therapist who specializes in sports medicine rehabilitation within your community. Dr. Mora makes himself available to your physical therapist to answer any of their questions or concerns.
- Exercise your hand and forearm by squeezing a ball or grip strengthening device. It's important to keep blood flowing through your arm so that you can decrease the risk of a blood clot.

FOLLOW-UP

- Out-of-town patients can follow up by doing virtual telemedicine visits. Dr. Mora will want to see a picture of your incision every week. In most cases Dr. Mora will provide a personal mobile number that you can use to communicate with him by text. The number is not to be used for emergency or urgent purposes.
- Dr. Mora prefers to see patients on Monday after the surgery. Most cases he's also available in the office for Friday after surgery.

NUTRITION

- Patients are encouraged to optimize nutrition with protein, collagen, vitamin D, multivitamin, zinc, and/or vitamin C. Consider obtaining a pro athlete program at the Treigning Lab facility in Placentia. It is a world class performance center.



CAUTION

- Report to a local emergency room if you experience shortness of breath, rapid breathing, chest pain, high fevers, severe leg swelling, or severe forearm swelling. These are signs of complications.
- A surgical site infection in the armpit area is our biggest concern. If your incision turns red or opens up, please take a picture and inform us right away.
- Out-of-town patients with an obvious infection should check in with their local urgent care or primary doctor.
- The best way to prevent an infection is to maintain good nutrition, optimize vitamin supplementation, especially vitamin D, and keep the armpit clean and dry.
- Please do not smoke. Smoking greatly increases the risk of infection and failure of repair.
- Smoking, including using a vape, THC or cigar smoking, increases the risk of infection.

RECOVERY OPTIMIZATION

- Dr. Mora works closely with a world class performance training and recovery center called the Treigning Lab. You can look them up online at treigninglab.com. They are located in the city of Placentia. They offer cryotherapy, hyperbaric oxygen chamber, vitamin supplementation, and red laser therapy. These modalities can help you with post-surgical pain and swelling. Their phone number is 657-220-4511. Ask for Monica and let them know you are Dr. Mora's patient.

If you have any questions, please reach out to us at 714-332-5498. Ask for anyone of Dr. Mora's team members. Dr. Mora's WhatsApp number is 714-595-8740.

Dr. Mora makes himself available during normal business hours by direct message on whatsapp. Non-medical questions should be deferred to his office team members.

We wish you a speedy recovery. Let us know how we can help.

Sincerely,

Dr. Mora's Team