

Scan this QR Code to access a digital version



Download **Scan** from iTunes Store or Google Play

HOME CARE INSTRUCTIONS FOR SKIN GRAFTS

Graft site location: _____

1. After surgery, go home and take it easy (no exertion, lifting, bending or straining)
2. Do not drink any alcoholic beverages or take any aspirin or aspirin products for one week. If you need medication to control your pain take Extra Strength Tylenol or an aspirin-free pain reliever. No smoking for 7 days following surgery. Smoking may cause graft failure and delayed wound healing.
3. Do not get the dressing wet for one week until sutures are removed, you may wash carefully around the dressing.
4. Do not remove the bulky pressure dressing. This dressing needs to remain secure and intact until the sutures are removed. This is important to ensure the "taking" of the graft.
5. If the dressing comes loose you will need to reinforce the bulky dressing with tape. If the pressure dressing comes off and the graft becomes exposed, you will need to come into the office to have the dressing re-applied.
6. While sitting for long periods and sleeping, keep your head and/ or limb elevated.
7. Do not sleep on the same side of the body as the wound.
8. Do not bend over with your head lower than the level of your heart. Bend your knees and not your back to stoop down. Do not lift anything heavy or do anything that will cause strain on the sutures.

IN CASE OF EMERGENCY:

During regular office hours, please call (858) 278-8835 (Option 3)
After hours and on weekends, please call the doctor
or his physician assistant at (619) 318-0952.