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## **HOME CARE INSTRUCTIONS FOR SYNTHETIC GRAFT-WITH TEGADERM DRESSING**

The synthetic graft that will serve as a biologic dressing. This graft does not become a part of you but serves to enhance the healing process and to decrease any wound pain. It performs these functions by secreting growth factors. But in order for the graft to work optimally, several instructions should be followed.

1. After surgery, go home and take it easy (no exertion, lifting, bending or straining)
2. No smoking for 7 days following surgery. Smoking may cause delayed wound healing.
3. You may shower, and you may wash carefully over the water resistant dressing, but do not allow the dressing to fall off. Protect the dressing in the shower.
4. Do not remove the dressing. This dressing needs to remain secure and intact to ensure the “taking” off 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. Do not sleep on the same side of the body as the wound or dressing.

### **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.