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HOME CARE INSTRUCTIONS FOR SYNTHETIC GRAFT

You have a Synthetic Graft which 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. If prescribed any of the following medications, please take them appropriately:
 - Keflex 500mg- Take 1 tablet orally twice a day for 5 days.
 - Doxycycline 100mg- Take 1 tablet orally twice a day for 5 days
 - Ciprofloxacin 500mg- Take 1 tablet orally twice a day for 5 days
3. No smoking for 7 days following surgery. Smoking may cause graft failure and delayed wound healing.
4. Do not get the dressing wet for one week until we remove the dressing; you may wash carefully around the dressing.
5. Do not remove the bulky pressure dressing. This dressing needs to remain secure and intact to ensure the "taking" of the synthetic graft.
6. 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.
7. While sitting for long periods and sleeping, keep the wound site elevated as much as possible.
8. Do not sleep on the same side of the body as the wound.

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.