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HOME CARE INSTRUCTIONS FOR SKIN GRAFTS WITH BOLSTERS

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Graft site location: _____

1. After surgery, go home and take it easy (no exertion, lifting, bending or straining). 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.
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. 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.
4. Do NOT get the dressing wet for 24 hours. Do not remove the bulky pressure dressing for 24 hours.
5. After 24 hours, the bulky pressure dressing can be removed.
6. After 24 hours, you may shower and get the bolster wet.
7. Keep the bolster moist with **Polysporin, Vaseline, Aquaphor** (all of which can be purchased over the counter) and keep covered with a band-aid.
8. While sitting for long periods and sleeping, keep your head and/ or limb elevated.
9. 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.

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INSTRUCTIONS FOR THE AREA WHERE THE GRAFT WAS TAKEN FROM

Donor Site Location: _____

1. Bulky dressing to remain intact for 24 hours.
2. After 24 hours remove the dressing and clean with soapy water, using a gauze pad...soak for approximately 5 minutes.
3. Dry with a sterile gauze pad. Apply **Polysporin, Bacitracin, Aquaphor, or Vaseline** over the entire wound. Cover the wound with a telfa dressing pad and micropore tape (paper tape) or a band-aid. Continue daily for 2 - 3 weeks or until the wound heals.

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