

GRAFT SURGERY SITE CARE INSTRUCTIONS

Please observe the following guidelines to help your surgical wound heal quickly, successfully, and with less scarring:

Graft site: _____

- DO NOT remove bandage we applied at time of surgery.
- Keep area dry: avoid getting the area wet in the shower or immersing in water (bath, hot tub, swimming pool, etc.); and, avoid any activities that would cause excessive sweating.
- Mild discomfort and swelling can be encountered approximately 2-24 hours following the surgery. You may take Tylenol as needed for these symptoms (if you are allowed to take Tylenol). Please contact the office if the discomfort or swelling worsens.
- If you feel your bandage is becoming loose, secure the bandage with cloth or paper tape.
- If the bandage falls off, please contact the office to set up a time for you to come in to re-bandage the area.
- If bandage becomes soaked with blood, please contact the office to set up a time for the area to be examined and re-bandaged.
- Please keep movement of the surgical site to a minimum for the first six weeks following your surgery. Wounds gain approximately 5% of their strength one week following surgery. Due to this weakness, care must be taken to avoid stretching or rubbing of the surgical site. After six weeks of avoiding stretching or over use of the surgical site, you may begin to slowly increase activity.
- Once the goo-ball has been removed, we will put Vaseline and a bandage to the stitched area. After that, it is okay to change the bandage daily (see Wound Care Instructions) attached to this sheet of paper.
- You might have been prescribed an antibiotic. Please take as directed and contact us if you have any problems.
- If you start to experience concerning signs or symptoms (like fevers, chills or night sweats to name a few), call the office at 719-246-4582 or go to the Emergency Room if we can't be contacted.