



SKIN GRAFT WOUND CARE INSTRUCTIONS

1. After surgery, go home and take it easy. Do not do any heavy lifting, exertion, bending, straining, or exercising until your follow up appointment with the doctor.
2. Do not drink any alcoholic beverages, take any medications containing aspirin or ibuprofen (Advil, Aleve, Naprosyn), or Vitamin E for the next 24-48 hours. If you require medicine to control your pain, take only Tylenol or the medication prescribed by your physician.
3. **DO NOT SMOKE!** Smoking causes wound healing problems by restricting blood flow to the treated area which can cause skin death. It is very important that you do not smoke for at least 2 weeks following your procedure.
4. It is important to leave all dressings dry and intact. This means you may NOT get the dressings wet or remove the dressings until your office visit in 5-7 days. You may carefully wash around the dressing as needed.
5. To minimize swelling, keep the treated area elevated for the first two days following your procedure.
6. Do not sleep on the side of the body with the wound.
7. Do not bend over with your head lower than your heart level. Bend at the knees to stoop down. Be careful not to lift anything heavy or do anything to cause strain.
8. It is perfectly normal to have bruising or discoloration around the surgery site, especially around the eyes. Do not be alarmed by this, it will eventually fade and return to normal color.
9. The donor site for the graft will follow sutured or open wound care instructions. This site will be able to get wet and have its dressing changed after 24 hours.
10. The graft site will have new instructions which will be given to you at the time of your graft check in 5-7 days. After a week you will be able to get the graft site wet and change the dressing daily.

***In Case of Emergency* Please call the office at 781-431-7733**