

**WOUND CARE INSTRUCTIONS**  
for  
**SKIN GRAFTS on \_\_\_\_\_**

**To reduce the risk of bleeding within the first 48 hours:**

- 1) No strenuous activities for 48 hours. This includes bending, lifting, brisk walking, and exercising. Mild activity such as walking may be resumed after 48 hours.
- 2) Do not exercise for 1 week. This includes running, weightlifting, biking, exercise classes (including yoga and pilates), elliptical, rowing, stretching, etc.
- 3) It is normal to have pain at your surgical site. Take only **Tylenol (acetaminophen)** and **Advil (ibuprofen)** for the relief of discomfort. You may take up to 2 Extra Strength Tylenol and 2 Advil (ibuprofen) at first and repeat every 8 hours. If you need pain relief between doses, you may take 2 Advil (ibuprofen). Begin taking pain medication approximately 2-3 hours after surgery. If you are already taking aspirin as recommended or prescribed by your doctor, you may continue this medication, but do not take any (additional) aspirin or Aleve for pain for 48 hours
- 4) Do not exceed 3,000 mg of Tylenol (acetaminophen) or 2,400mg of Advil (ibuprofen) in a 24 hour period.
- 5) Do not drink any alcoholic beverages for 48 hour as alcohol can thin the blood.
- 6) Do **not smoke** for 2-3 weeks. Smoking depletes the blood of oxygen that promotes healing and could increase the risk of infection or a poor cosmetic result.
- 7) You may use ice to decrease the swelling of your surgical site. Be sure to cover the ice with a plastic bag and a towel to keep the bandage dry and to protect your skin. You may apply ice for 20 minutes and then take at least a 20 minute break before reapplying.

**Bandaging instructions:**

- 1) Leave the dressing on your skin until you return to our office in one week for a bandage change.
- 2) If the dressing becomes soiled by drainage from the wound or starts to come loose, you may cover it with additional paper tape or any type of medical tape.
- 3) Do not get the dressing wet. Carefully wash around the dressing.

**Bleeding:**

A slight amount of oozing is normal at the wound site. However, if excessive bleeding occurs and your bandage gets saturated, you will need to stop the bleeding. You should be able to stop it by using a cloth and applying firm pressure directly on the bandage for 20 minutes. Do **NOT** remove the bandage we put in place, but you can place another layer of gauze and tape on top of it. If the bleeding does not stop, you should reapply pressure for another 20 minutes. If this does not stop the bleeding, you should call the doctor or go to your nearest hospital.

### **SPECIAL INSTRUCTIONS FOR FACIAL SURGICAL SITES:**

- 1) While sleeping, keep the head elevated with extra pillows for the first two nights.
- 2) Do not sleep on the side of the body with the wound.
- 3) 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 on sutures.
- 4) It is normal to have bruising, discoloration, and swelling around the surgery site, especially around the eye. Don't be alarmed by this. It will eventually fade and return to normal color.

### **PATIENT INFORMATION**

#### **During the healing process you will notice some or all of the following:**

1. Swelling and/or discoloration and bruising around your surgical site are common, particularly when performed around the eye, forehead, temple, or nose. Remember: every patient is different- some people experience mild bruising and swelling while others have significant bruising and swelling. This is all normal. Swelling and bruising tends to get worse before it gets better and may last up to 3 weeks.
2. You may experience a sensation of tightness as your wound heals. This is normal and will gradually subside.
3. Redness of the surgical site and surrounding tissue is normal.
4. Itching of the surgical site is common. Patients frequently experience itching after their wounds appear to have healed because of the continued healing under the skin. Plain Vaseline will help relieve itching.
5. You may experience sensitivity to temperature changes (such as cold air). This sensitivity improves with time, but if you are having a lot of discomfort, try to avoid extremes of temperatures.

#### **Signs of complications:**

\*If you have severe pain that is not controlled with Tylenol or Advil, with swelling, it could indicate bleeding under the skin.

\*If you have pain that is getting worse each day instead of better, that could indicate another complication.

\*Severe itching with extensive redness could indicate infection or sensitivity to the ointment used to dress the wound or a reaction to the bandage tape.

**If you experience what you perceive to be a complication, call our office as soon as possible.**

#### **In case of questions:**

**(301) 986-1006 Dr. Hendi office**

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