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## AFTERCARE INSTRUCTIONS FOR SKIN GRAFTS

### Graft Site:

- Leave the initial bandage on for 48 hours.
- Remove the bandage, being very careful not to disturb the yellow cotton ball covering the graft.
- Keep the area clean and dry until you see Dr. Molly Warthan or Dr. T. Lynn Warthan in 5-7 days. You may cover the cotton ball with a light Telfa dressing and tape every 2-3 days.
- Continue this routine until your next appointment with Dr. Molly Warthan or Dr. T. Lynn Warthan.
- If there is excessive swelling, redness, streaking, pain, bleeding or foul odor, please contact the office at once.
- The day you return to have the yellow cotton ball removed we would like you to wet the graft site and cotton ball in the shower the morning of your appointment and keep it wet on your way here. Remember, until the day you return, keep the graft and cotton ball dry, dry, dry.
- **Do you take aspirin?** If you do, we ask that you not take aspirin for 48 hours unless your family doctor or cardiologist tells you to stay on it. You may take Tylenol Extra Strength or Lortab.
- **Please ask your family doctor or cardiologist before stopping any medications.**
- **Do you drink alcohol?** We ask that you not drink alcohol for 24 hours.
- **Is this wound on your head?** If it is, we ask that you not bend over (as if picking something off the ground) for 2-3 days. This may cause excessive bleeding.
- **Is this wound on your arm?** If it is, we ask that you elevate your arm when sitting for long periods of time (>15 minutes) and when sleeping.
- **Is this wound on your leg?** If it is, we ask that you elevate the leg to the level of your heart when sitting for prolonged periods of time (>15minutes).

### Graft Donor Site

Leave the initial bandage on for 48 hours. After this you may leave the area uncovered, unless otherwise specified by Dr. Warthan. If there is any bleeding, apply firm pressure for 10 minutes to the area. If this does not stop the bleeding, call our office or Dr. Molly's cell at the numbers listed below. If you are unable to reach a doctor and your bleeding persists, please go to your nearest Emergency Room. After removing the dressing, you may start washing the area with soap and water. Keep the surgery site protected with **Polysporin** ointment. If any excess bleeding, redness, opening of the wound or excess swelling occurs, please contact our office. Take your antibiotics prescribed to you by Dr. Warthan for 7 days, unless otherwise specified. You may take your pain medication every 4-6 hours as needed for pain. Please be sure to eat a small snack or meal prior to taking pain medication. It can cause nausea if taken on an empty stomach.

**During normal business hours and after hours call our office at (817)-923-8220. After hours the answering service will contact either Dr. Molly Warthan. You may also call Dr. Warthan on her cell phone at (214)-862-0017. If you have a concern and can not reach a doctor, please go to your nearest Emergency Room.**