



3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
Office 804-538-1033 • Fax 866.274.0799

mohscentermd.com

SKIN GRAFT: DAY OF SURGERY

- **NO** strenuous activity for 48 hours. Resume light activity in 48 hours.
- On day of surgery, if allowed by your primary care physician and medical team, take 2 regular strength Tylenol (325 mg) or 1 extra strength Tylenol (500 mg) and alternate with 400-800 mg ibuprofen every 4 hours beginning 1 hour after surgery as needed for pain relief.
 - After 24 hours take Tylenol/ ibuprofen as needed for discomfort.
- **DO NOT** drink alcoholic beverages for 48 hours. Alcohol increases your risk for post-operative bleeding.
- No dietary restrictions.
- Continue your normal medications as prescribed by your physician.

Bandage Care

- Keep this bandage **dry** and **leave in place** until you come in for **follow-up in one week**.
 - If the bandage becomes loose-reinforce the dressing with band-aids/medical tape
 - If the dressing comes off-replace the dressing with Vaseline, bandaid, or non-adherent pad and medical tape. Then call the office.
- **DO NOT ICE THE WOUND**
- Do not smoke for 3 weeks; smoking delays wound healing.
- It is normal to have swelling and bruising around the surgical site. Bruising will fade in approximately 10-14 days. The swelling will resolve in 5-7 days.

Possible Complications/When to Call

Bleeding:

1. **Leave** the bandage in place.
2. **Apply** direct pressure over the bandage for 40 minutes.
3. **Call** the office, Dr. Wallace's cellphone, or go to the nearest emergency room if pressure fails to stop the bleeding.
4. **Use** additional gauze and tape to maintain pressure once the bleeding has stopped.

Pain:

1. Post operative pain should slowly improve, it should not worsen.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.
3. Tylenol or Ibuprofen should be taken as directed by the manufacturer's label the days after surgery as needed for discomfort, provided you can take these medications in guidance with your primary care physician and medical care team.

Signs/symptoms of infection:

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| • Redness | • Swelling |
| • Warmth to the touch | • Fever |
| • Red streaking around surgical site | • Chills |
| • Increased pain | • Foul smelling drainage |