

FOR TODAY AND THE NEXT THREE DAYS (Immediately after your surgery):

1. Please be gentle with the graft site. It is very fragile and has a weak but growing blood supply.
2. Avoid smoking, which limits the blood flow to the graft and avoid drinking alcohol, as doing so increases your risk of bleeding and bruising.
3. Leave your bandage on the graft site for 4 days unless otherwise instructed.
4. If your bandage falls off, don't worry, simply reapply a very generous amount of the recommended

Topical Ointment:

(Bacitracin, Mupirocin, Erythromycin, Aquaphor, _____) and cover with **Xeroform**, followed by a **Non-Adherent Pad** cut to size and affixed with the **Paper Tape**.

5. The goals for wound care to a graft site are to always keep the area moist with ointment, covered with a bandage and to never traumatize the site. If your graft is on the nose, be sure not to touch the graft site when blowing your nose or sneezing.
6. For pain, take Extra Strength Tylenol (acetaminophen) every 4-6 hours only if you have no contraindications. Avoid extra Aspirin and Ibuprofen for pain (as these agents make you bleed more); however, continue to take ALL medications that are normally prescribed to you.
7. If you were prescribed antibiotics please do not forget to take them as directed:

_____ times a day for _____ days.

FOUR DAYS AFTER SURGERY TILL YOUR NEXT APPOINTMENT:

1. Take a shower and allow the steam to loosen up your bandage and make it easier to finally remove. Please avoid direct contact of the shower water spray to your graft site.
2. Always thoroughly wash your hands prior to changing your bandage.
3. Please avoid Hydrogen Peroxide on the graft site, as contact with Hydrogen Peroxide may damage the graft.
4. Apply a lot of the recommended **Topical Ointment** to the entire wound area and cover it with **Xeroform** (yellow antibacterial petrolatum gauze) that you can cut to size. Then place more ointment followed by a custom-cut **Non-Adherent Pad** (aka Telfa-Pad) and **Paper Tape**.
5. **Alcohol Pads** are included in your wound-care-kit to clean your scissors and to degrease your skin if the tape does not stick well. Avoid using the alcohol pads to clean your wound, as this will be too drying.
6. To optimize the ultimate cosmetic result, please NEVER LET THE WOUND BECOME DRY AND FORM A SCAB. Keep the area real moist with the prescribed Ointment.
7. Repeat the basic wound care (#2 - #6) twice a day. (If you need to remove old ointment and scabs, you may gently wash the area with mild soap and water, gently patting the area with gauze but never rubbing).
8. Your graft site will go through many changes and may turn dark purple as it heals. It often takes more than three months to ultimately judge the final cosmetic result.
9. Please follow the same instructions for your donor site, unless instructed otherwise.
10. We will see you at your follow-up appointment in _____ days.

If you develop significant itching at the wound site, you may be allergic to the topical antibiotic ointment. If this occurs, switch to Aquaphor or Vaseline and call our office. If you develop fever, chills, streaking redness, foul-smelling wound drainage, continuous bleeding or persistent pain please call our office. We are here to assist you!