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American Academy of Cosmetic Surgery

Dermatology
Mohs Micrographic Surgery
Laser Surgery
Cosmetic Surgery

HOME CARE INSTRUCTIONS FOR SKIN GRAFTS WITH BOLSTERS

Graft site location: _____

1. After surgery, go home and take it easy (no exertion, lifting, bending or straining). Do not bend over with your head lower than the level of your heart. Bend your knees and not your back to stoop down. Do not lift anything heavy or do anything that will cause strain on the sutures.
2. Do NOT drink *any* alcoholic beverages or take any aspirin or aspirin products for one week. If you need medication to control your pain take extra strength Tylenol or an aspirin-free pain reliever. No smoking for 7 days following surgery. Smoking may cause graft failure and delayed wound healing.
3. Do NOT get the dressing wet for 24 hours. Do not remove the bulky pressure dressing for 24 hours.
4. After 24 hours, the bulky pressure dressing can be removed.
5. After 24 hours, you may shower and get the bolster wet.
6. Keep the bolster moist with **Polysporin, Vaseline, Aquaphor** (all of which can be purchased over the counter) and keep covered with a band-aid.
7. While sitting for long periods and sleeping, keep your head and/ or limb elevated.
8. Do not sleep on the same side of the body as the wound

INSTRUCTIONS FOR THE AREA WHERE THE GRAFT WAS TAKEN FROM

Donor Site Location: _____

1. Bulky dressing to remain intact for 24 hours
2. After 24 hours remove the dressing and clean with soapy water, using a gauze pad.....soak for approximately 5 minutes.
3. Dry with a sterile gauze pad. Apply Polysporin, Bacitracin, Aquaphor, or Vaseline over the entire wound. Cover the wound with a telfa dressing pad and micropore tape (paper tape) or a band-aid. Continue daily for 2 - 3 weeks or until the wound heals.

IN CASE OF AN EMERGENCY:

During regular office hours call (858) 278-8835.....Walter K. Nahm, M.D., Ph.D

After hours and on weekends, you can call the doctor on his cell phone, (619) 318-0952, if no answer, call (858) 278-8835.