



POST-OP SURGERY INSTRUCTION For Skin Grafts

Day of Surgery:

- Apply ice to surgical site 2-3 times a day for approximately 15 minutes each time.
- Keep surgical site elevated to control bleeding, swelling, and bruising.
- Swelling and bruising are normal and to be expected 24-48 hours after surgery.

Day 1 After Surgery:

- Remove all dressings from surgical sites.
- Continue to elevate surgical site.
- Mix a solution of 1 tablespoon of white vinegar to 2 cups of warm water. Using gauze or a soft cloth, soak surgery site with the white vinegar/water solution for 10 minutes, twice per day, until follow-up appointment (if no follow-up, continue soaks for at least 2 weeks). After every soak, apply Mupirocin Ointment and a loose bandage.
- Before each soak be sure to use the vinegar solution to remove previous ointment by wiping gently.
- You may begin showering as normal today.

Surgery Day through Day 4:

- Avoid consuming any of the following: **Alcohol, Aspirin, Ibuprofen, or any additional NSAID medications, unless prescribed by a physician for another medical issue.** If you are experiencing pain at the surgical site, you may take either Extra Strength Tylenol or prescribed pain medication.
- Avoid heavy lifting, bending over, and vigorous exercise for 1 week. These activities can cause tension and bleeding at surgical site, interfering with proper healing.
- If you notice any bleeding from the surgical site, apply firm, direct pressure for twenty minutes followed by ice for ten minutes. Repeat as necessary. Some minor bleeding is expected up to 3 days after surgery. If bleeding persists, please contact us.

For any questions during office hours, please call us at **(706) 543-5858**.