

Wound Care - Grafts and Flaps

Supplies Needed:

- Ointment: Vaseline, Aquaphor, Polysporin, **or** prescription mupirocin ointment
- Cotton tip applicator to apply ointment
- Telfa or non stick pad
- Gauze for pressure if needed
- Hypafix, bandaids, or paper tape (Coban for wounds on the arms or legs)
- Extra Strength Tylenol for pain
- A wound care cover or bag for showering

- **Leave the original bandage on and dry until your dressing change appointment.**
- **DO NOT** let the area get wet.
- **If the bandage falls off**, you may create your own bandage. Apply ointment, a non-stick (Telfa) pad, then gauze, then secure with Hypafix or tape.
- Bandage care kits are sold at the office for your convenience
- **Make sure no adhesive is pulling on the suture.** Use paper tape if you are sensitive to adhesive.

- **Pain/Swelling:** Tenderness and swelling is common. You may take a Tylenol Extra Strength every 4-6 hours as needed for discomfort. If discomfort persists after 12 hours, start alternating Tylenol with Ibuprofen every 3 hours. You may also apply ice packs over your bandage.

- **DO NOT** scrub the area.
- **DO NOT** use a washcloth, towel, or loofah on the surgical wound.
- **DO NOT** use neosporin, triple-antibiotic ointment, or hydrogen peroxide.
- **AVOID** heavy lifting for the next few days after the procedure due to the risk of bleeding.
- **AVOID** pools, oceans, and hot tubs until the wound is completely healed.
- **AVOID** alcohol consumption for at least 48 hours after surgery as this may thin the blood.
- **AVOID** smoking for 7-10 days as this drastically impairs wound healing.

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CLEAR SKIN

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Wound appearance: Grafts and flaps always look worse in the beginning of the healing process. There may be swelling, bruising, and some redness around the surgical wound. The graft itself may be dark due to the blood supply that allows the graft to merge with the skin. This is normal. The wound should not be hot, painful, increasingly inflamed, or draining pus. If this occurs or you develop a fever and chills, please call the office.

Scar: As the wound heals, you may develop a scar which can become raised, tender, or itchy. You may begin circular scar massages once daily for 5 minutes once advised by the provider after suture removal/wound check to minimize scarring. After suture removal, begin medical grade silicone scar gel, tape, or strips twice a day for 90 days. If the scar is in a sun-exposed area, then silicone gel with SPF is best during the daytime hours. Make sure to wear sunscreen! Sun exposure can darken the scar. Once fully healed, you may begin applying silicone scar gel twice daily to the area.

Please call the office if you have any further questions regarding your surgical site at
(727)-248-0118

For after hours emergencies please contact the on-call nurse at
(727)-282-4542

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