



Post-Op Daily Graft Site Care

For your convenience, Bliss Dermatology offers Provider-Built Wound Care kits. Please ask about purchasing one at the front desk.

Your wound will be covered with a bulky pressure dressing that must be kept clean, dry, and intact for 48 hours after surgery. After 48 hours, the dressing may be removed, and the following wound care treatments may be performed 1-2 times per day, depending on the amount of drainage.

Performing Care on your Graft Site:

- Wash your hands before performing daily wound care.
- Remove the outer dressing and discard it.
- Your site will be covered with Xeroform gauze (medicated) held in place by Steri-Strips.
- DO NOT REMOVE the Xeroform gauze or the Steri-Strips.
- CAREFULLY clean the area around the site with warm, soapy water with a soft, clean cloth, Q-Tip, or gauze.
- Cover the wound with a new non-stick gauze pad (Telfa), paper tape (Micropore), or a bandage.
- DO NOT use hydrogen peroxide, Neosporin, Polysporin, Bacitracin, or triple Antibiotic Ointment on the areas these may impede healing.
- DO NOT get your graft site wet. Avoid water activities that may cause your graft site to get wet or be exposed to public water ways. This helps prevent infection.
- You may shower so long as your graft site remains completely dry.

Troubleshooting your Graft Site Care:

- The Steri-Strips and Xeroform gauze are meant to remain in place and should only be removed by the provider.
- If your Steri-Strips come loose or begin to lift off of the graft site, DO NOT REMOVE, CUT, TRIM or attempt to fix them yourself.
- Apply a clean non-stick gauze pad over the loosening Steri-Strips to help secure them until your next wound check appointment.
- If the Steri-Strips come off and/or the Xeroform gauze dislodges from the graft site, apply a generous layer of Aquaphor over the exposed graft and secure it with a clean non-stick gauze pad. Call the office for further instructions.
- If your site starts to drain, keep the non-stick gauze clean. This means you may need to replace the non-stick gauze pad and cleanse the surrounding area more than once per day.

Expectations:

- DO NOT submerge the stie in or participate in water activities (swimming, hot tubs, etc.) until the until instructed by your provider.
- The site should remain COVERED to prevent the delicate tissues from drying out. If the wound dries out and a scab forms, healing is impeded and a more prominent scar may result.
- Mild swelling and bruising is normal. Bruising is generally worse 2 days after surgery and will gradually improve.
- For surgery on the FACE or SCALP, bruising and swelling may occur around the eyes. This is normal.
- For surgery around the LIPS or MOUTH, please avoid hot liquids or foods for the first 2-3 hours until the local anesthetic resolves. Eat soft foods for the first 3 days after surgery. Use caution when brushing your teeth.
- Keep the surgical site elevated, if possible. This will help decrease bruising and swelling.
- For HEAD or NECK surgeries, keep your head propped up with a few pillows when sleeping.
- For ARM or LEG surgeries, keep the site propped up with a pillow when in bed.

Restrictions:

- Rest and take it easy for the first 48 hours. Excessive stress or straining activities may cause the wound to dehiss or “pop” open. If this occurs, call the office immediately.
- Avoid any vigorous activities, heavy lifting, exercise, straining, or anything that gets your blood pressure or heart rate elevated for the first week after surgery. These activities increase the risk for post-surgical bleeding.
- Walking is a good light activity during recovery. You can gradually increase the time walking but do not increase the intensity until the sutures are removed.
- If the spot is on the HEAD or NECK, avoid bending over at the waist for at least 48 hours. Instead bend at the knees, and keep the head upright to avoid injury.
- DO NOT drink alcoholic beverages for 2 days post-surgery, this will help prevent excess bleeding.
- For the best cosmetic results and optimal wound healing, do not smoke for 2 weeks post-surgery.

Discomfort:

- Pain may be present at the surgical site for a few hours to a few days post-surgery.
- Tingling, burning, redness, and tightness at the surgical site are normal experiences as the skin and sensory nerves heal.
- Consistent sharp pain should be reported immediately. Post-operative pain should gradually improve, not worsen. If the pain does not improve and worsens, call the office for instructions.
- Pain post-surgery is usually well controlled with the following over-the-counter medications:
 - Two 500mg Acetaminophen every 4-6 hours OR
 - Two 500mg Acetaminophen with 400mg Ibuprofen every 4-6 hours for 24 hours OR
 - Prescription pain medication if recommended.



Bleeding, Bruising, and Swelling:

- It is common for the wound to drain fluid or bleed for the first few hours/days post-surgery.
- If bleeding soaks through the dressing and drips, remove the dressing and apply direct pressure to the wound with a clean cloth for 20 minutes without removing it.
- Apply ice and gauze over the entire site while holding pressure to help stop bleeding.
- If bleeding continues after **TWO** 20-minute cycles of applied pressure, call the office or the on-call provider immediately.

Infection:

- If you were prescribed an antibiotic, take the entire prescription. If you experience any side effects (rash, diarrhea, nausea, or vomiting), please call the office.
- It is normal for the wound to be slightly pink and sore.
- If the following occurs, please get in touch with the office or on-call provider immediately:
 - The area becomes increasingly tender, red, and warm.
 - If a fever of 100.4 degrees or higher occurs.
 - If pus is draining from the wound.