



POST-OP INSTRUCTIONS: SKIN GRAFT

DRESSINGS

- Do not remove your dressings or allow them to get wet until your first post-operative visit. You may sponge bath other areas of your body starting 48 hours after surgery. **DO NOT GET THE BOLSTER OVER THE SKIN GRAFT WET.**

MEDICATION

- Pain meds should be taken with food to avoid stomach upset. Do not drive if taking pain meds.
- For patients with normal kidney function, we recommend taking 1000mg of Tylenol every 8 hours and 600mg of ibuprofen every 6 hours for 3 days post-op.

ACTIVITY

Avoid sports or heavy activities like running for 1 week following your procedure.

AVOID

- Do not place ice over your surgical site.
- Do not smoke, vape, use nicotine gum/patches, or expose yourself to secondhand smoke for at least 6 weeks after your surgery.
- Direct sunlight will darken new scars. Avoid exposure of the scar for 6 months to prevent hyperpigmented scarring. Sunscreen with zinc oxide will help.

CALL OUR OFFICE if you get a fever of over 100°F or if your incision becomes red or hot to the touch.