



RALPH A. MASSEY, M.D., F.A.A.D.
DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



1260 15th STREET, SUITE 1401, SANTA MONICA, CA 90404
TELEPHONE (310) 434-2495, FACSIMILE (310) 434-2497

WOUND CARE INSTRUCTIONS

Discomfort after your surgery is usually minimal. If you do have some discomfort extra strength Tylenol / Acetaminophen, two (2) tablets every six (6) hours should help relieve any pain that you may have.

To lessen the discomfort, relieve swelling, and minimize bruising, an ice pack, or a bag of frozen peas, wrapped in a clean towel may be applied over the dressing for 10-15 minutes every hour. Elevation of the wound area is also helpful.

Please avoid smoking throughout the healing process.

Please avoid alcohol for two (2) days after your surgery.

Please try to refrain from exercise or any heavy chores, for one (1) week after your surgery.

A pressure dressing has been applied to your wound to prevent bleeding and minimize swelling. You may notice some blood on the edges of the dressing, this is normal. However, if active bleeding persists and soaks through the dressing, apply firm and constant pressure over the dressing with gauze for 15 minutes. If the bleeding still persists, remove the dressing and repeat the pressure with clean gauze for an additional 15 minutes. In rare instances when bleeding does not stop, call our office.

The area may remain numb and be mildly itchy. You may also experience periodic discomfort around the wound as part of the healing process.

The edges of the wound will be pink fading after several days. If the wound becomes red, tender, and swollen or begins to drain pus, call our office.

The first dressing change should begin the day after your surgery.

The day after your surgery, upon removing the initial dressing, you may shower and allow the wound to get wet. However, do not allow the forceful stream of water to hit the wound directly.

After you shower, apply a new dressing to your wound as described below.



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WOUND CARE INSTRUCTIONS AFTER A SKIN GRAFT

A skin graft has been used to repair your wound. This has resulted in two (2) separate areas that need wound care. The area the graft was taken from, called the “donor” site, and the area where the graft itself was sewn into place, the “graft site”.

For the **graft site** on your: _____

On top of the graft a special pressure bandage called a “bolster” dressing has been sewn in place to prevent movement of the graft and allow new blood vessels to grow into the graft from the surrounding skin. It is very important that you do not pick at or attempt to remove this bolster dressing.

You should carefully apply a generous amount of a bland over the counter topical ointment, such as Vaseline or Aquaphor, two (2) times each day to the surface and edges of the bolster to prevent it from drying out. If there is some dried crust you can gently attempt to remove it using hydrogen peroxide on a Q-tip.

On top of the bolster a regular gauze dressing has been applied. This gauze can be changed two (2) times each day when it is time to apply the ointment to the bolster.

The donor site on your: _____ (where the skin graft was taken from) has a regular gauze dressing but does not have a bolster dressing. The dressing on the donor site should be changed two (2) times each day in the following manner:

1. Soak a clean gauze with hydrogen peroxide then squeeze out the excess fluid so the gauze is wet but not dripping.
3. Apply the soaked gauze **directly** on the wound for 5 minutes then pat the area dry.
4. Apply ointment to wound by putting a small amount on a Q-tip and spreading it around the wound to make a complete covering.
5. Apply a none-stick / none-adherent dressing (such as “Telfa”) and tape it in place.
6. Follow this procedure **twice** each day.

REMEMBER: Do not let the wounds dry out. Keep them covered with antibiotic ointment.