

Arizona Advanced Dermatology
740 East Highland Ave, #203
Phoenix, AZ 85014
Phone 602-248-9351

Dr. Yulia Khan
Stella Denise Stephanie

Next appt: _____

Post-operative Wound Care: Skin graft with bolster dressing

1. Keep dressing **DRY** and in place until follow-up appointment.
2. Avoid alcoholic beverage for the first 48 hours.
3. Use Tylenol or Extra Strength Tylenol as recommended for discomfort or prescribed pain medication as directed by physician.
4. When you return to the office to have bolster dressing removed, you will receive further instructions for continuing wound care.
5. If bleeding should occur, apply 20 minutes of **CONSTANT PRESSURE**.
6. For uncontrolled bleeding call our office.

Special Instructions:

- No bending over or lifting for 48-72 hours.
- Keep head elevated. Sleep on 2 pillows or in a recliner.
- Apply ice pack or frozen peas in a zip lock bag, 10 minutes at a time, 3-4 times during the first 24 hours.
- Elevate extremity as much as possible for 48 hours.
- Avoid chewy foods. Avoid opening mouth widely. Semi-soft foods are recommended during first 48-72 hours.

Pain medications:

- Hydrocodone/acetaminophen (Vicodin)
- Oxycodone/acetaminophen (Percocet)
- Codein/acetaminophen (Tylenol #3)

Please note:

- ✓ Prescription is a narcotic.
- ✓ Both contain Tylenol. Please do not take any more than the daily recommended intake of Tylenol which is 3,000 mg.
- ✓ May cause drowsiness, please do not drive while taking.
- ✓ Causes constipation. Take a stool softener and/or extra fiber while taking these medications.

If antibiotics were prescribed, please pick up your prescription at your pharmacy:

- Keflex (Cephalexin)
 - ✓ Do not take if you have an allergy to penicillin or cephalosporin unless previously discussed with the physician.
 - ✓ Common side effects are diarrhea, nausea and/or vomiting
- Doxycycline
 - ✓ Avoid sun exposure; can make you sunburn more easily.
 - ✓ Calcium inhibits absorption; do not take dairy, multivitamins or calcium supplements one hour before or after dose.
 - ✓ Can cause heartburn; **do not lie down** 30 minutes after taking.