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POST SURGERY INSTRUCTIONS
SKIN GRAFT - PLACENTAL MEMBRANE ALLOGRAFT

1. LEAVE THE REPAIR SITE DRESSING ON FOR 1 WEEK.
 - THE REPAIR SITE BANDAGE SHOULD STAY CLEAN AND DRY FOR 7 DAYS.
 - After 1 week, start white vinegar soaks by mixing 1 tablespoon of white vinegar with water in a “cereal bowl”. Wet a clean cloth with this solution and apply it to the graft site for 15 minutes. Pat dry. Apply antibacterial ointment and light bandage.
 - Do not take aspirin, ibuprofen, or any other non-steroidal anti-inflammatory drugs unless directed by the physician. Tylenol is ok.
 - Do this daily until the follow up appointment.
2. For the next 48 hours, you should keep your head elevated on two pillows when you lie down. (If your surgery site is located on the head.)
3. Hold an ice pack over the surgery site for 20 minutes, two or three times a day, for the first 48 hours.
4. Do not do any of the following for seven days.
 - Do not drink any alcohol.
 - Do not do any bending over.
 - Do not do any vigorous exercise or sweating that might put the sutures under additional stress and interfere with prompt healing.
5. If you notice any bleeding from the surgical site(s), apply firm, direct pressure for 10 minutes, followed by ice packs for ten minutes, perform this procedure twice. If bleeding persists, call our office at 770-426-7177.

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