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**POST SURGERY INSTRUCTIONS**  
**SKIN GRAFTS**

Donor Site \_\_\_\_\_ Repair site: \_\_\_\_\_

1. You are to leave the donor site bandage in place until tomorrow morning. Then you may remove the top bandage only, leaving the steri-strips. Leave the repair site dressing on until you return back to the office for your follow up appointment.

**If the initial repair site bandage gets wet, dirty, or comes loose:** Leave the yellow xeroform bandage in place if possible, top with antibacterial ointment, and cover with a clean bandage. Do this daily until the follow up appointment.

2. Soak the donor site once a day with a mixture of 1 tablespoon of white vinegar to one pint (2 cups) of warm water. Soak for 15 minutes then apply Polysporin ointment and a bandage. If you are allergic to Polysporin, please discuss with the medical assistant or physician.
3. For the next 48 hours, you should keep your head elevated on two pillows when you lie down.
4. Hold an ice pack over the surgery site for 20 minutes, two or three times a day.
5. Do not do any of the following for three days.
  - Do not take aspirin, ibuprofen, or any other non-steroidal anti-inflammatory drugs unless directed by the physician. Tylenol is ok.
  - 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.
6. 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.