



POST-OPERATIVE CARE FLAP AND/OR GRAFT RECONSTRUCTION

Post-Operative Flap Care

1. You may remove dressing the day after surgery, unless Dr. Westawski advised not to. Keep wound clean and dry, apply new dressing if needed. You may shower the day after surgery. If there are steri-strips on the wound, do not remove them, it's okay to get these wet. If wound is on face, do not use make-up anywhere near the area until instructed to do so.
2. You should expect some swelling and bruising 48-72 hours post-op, they may occur in areas adjacent to area of excision. Apply ice as needed, 20 minutes on, 20 minutes off. Keep operative area elevated. Take pain medication as prescribed. Constipation is a possible side effect while taking narcotics, increase your fluid intake or use a mild laxative or stool softener.
3. Avoid heavy lifting, housework or exercise until advised by Dr. Westawski to resume. Numbness, tingling and sensitivity to physical contact may persist for several weeks or longer. Avoid sun exposure to the area for several months and refrain from smoking for at least 10 days post-op.

Post-Operative Skin Graft Care

1. Keep dressing clean and dry, may change the white dressing on top as needed. Do NOT remove underlying yellow dressing; it's tied down to the wound.
2. Keep donor site clean and dry. May wash donor area with soap and water, if Dr. Westawski used steri-strips, it is okay if they get wet.
3. Follow up appointment should be scheduled 7-10 days post-operative.
4. Do not hesitate to call my office with any questions or concerns!

1st Post-Operative Appointment _____