

Follow Up:

Sunrise Skin Cancer Surgery Center Surgeon: Scott R. Freeman, M.D. Skin Graft Wound Care

- No strenuous activity for 48 hours. Resume moderate activity in 48 hours. (No lifting items over 10 lbs., don't strain to go to bathroom, nothing that's going to raise your heart rate or blood pressure. These activities could increase bleeding.) No heavy exercising until you are seen for follow up in one week.
- Take Tylenol as needed for discomfort.
- Leave the bandage in place until you come in for follow up in one week. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape. (Refer to the reverse side of this page for management of bleeding)
- Keep the bandage dry. Wash around it carefully. (waterproof bandages or Press-N-Seal)
- If the tape becomes soiled or starts to come off, reinforce it with additional paper tape.
- Do not smoke for 3 weeks; smoking is detrimental to wound healing and may cause the graft to die.
- No alcoholic beverages for 48 hours.
- Avoid prolonged exposure to extremely cold temperatures for 3 weeks.
- It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Elevate the area to reduce swelling. (head, leg, arm x 2 nights)
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

Follow Up:

1. Leave bandage that is applied today on for 1 week.
2. Do **not** get this bandage wet for 1 week.
3. You will start 1 week from today doing daily bandage changes. At this time, you can begin wound care as follows:
 1. Clean area with tap water using a Q-tip or gauze pad. (shower / bathe normally)
 2. Dry wound with Q-tip or gauze pad.
 3. Apply Polysporin, Bacitracin Ointment, or Vaseline with a Q-tip.
 - Do **NOT** use Neosporin Ointment *
 4. Cover the wound with a band-aid or nonstick gauze pad and paper tape.
 5. Repeat wound care once a day for 1 week.

POSSIBLE COMPLICATIONS:

BLEEDING:

1. Leave the bandage in place.
2. Use tightly rolled up gauze or a cloth to apply direct pressure over the bandage for 20 minutes.
3. Leave off for 5 minutes and then reapply pressure for an additional 20 minutes, if necessary.
4. You can repeat up to 3 times.
5. Use additional gauze and tape to maintain pressure once the bleeding has stopped.
6. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.

PAIN:

1. Post operative pain should slowly get better, beginning the evening after surgery. A sudden or severe increase in pain may indicate a problem. Call the office if this occurs.

**Sunrise Skin Cancer Surgery Center
Surgeon: Scott R. Freeman, M.D.**

Follow Up:

In case of emergency:

- **CALL Dr. Freeman's Office at 251-544-6407 or**

Go to and contact your nearest hospital:

Mobile Infirmary

5 Mobile Infirmary Circle
Mobile, AL 36607
251-435-2400

Providence Hospital

6801 Airport Blvd
Mobile, AL 36608
251-633-1000

South Baldwin Regional Medical Center

1613 N. McKenzie Street
Foley, AL 36535
251- 949-3400

Sacred Heart

1549 Airport Blvd
Pensacola, FL 32504
850-416-7000

Grove Hill Memorial Hospital

295 South Jackson Street
Grove Hill, AL 36451
251-275-3191

Springhill Medical Center

3719 Dauphin Street
Mobile, AL 36608
251-344-9630

Thomas Hospital

750 Morphy Ave.
Fairhope, AL 36532
251-928-2375

North Baldwin Infirmary

1815 Hand Ave
Bay Minette, AL 36507
251-937-5521

Jackson Medical Center

220 Hospital Drive
Jackson, Alabama, 36545
251- 246-9021