

## **POST OPERATIVE CARE EXCISION AND FLAP RECONSTRUCTION**

### **Post op care flap:**

- May remove dressing day after surgery **unless otherwise advised by Dr. Lohner**
- Keep wound clean and dry and apply new dressing if needed
- If there are steri-strips on the wound, do not remove. It is OK to get these wet
- Take pain medication as needed
- Take antibiotic as directed
- May shower day after surgery

### **What to expect:**

- Swelling and bruising can occur up to 48 to 72 hours post-op. Swelling and bruising may occur in areas adjacent to area of excision
- Moderate discomfort – take pain medication as directed
- Constipation may occur if taking a narcotic for discomfort – increase fluid intake and use mild laxative or stool softener if needed
- Numbness, tingling, and sensitivity to physical contact may persist for several weeks or longer

### **Post op Skin graft care:**

- Keep dressing clean and dry. May change the white dressing on top as needed. Do not remove underlying yellow dressing. Dressing is tied down to the wound. Do not remove it.
- Keep donor site clean and dry. May wash donor area with soap and water. If steri-strips (small white tapes) are on this area, it is OK to get them wet.

### **Follow-up:**

- Follow up appointment 7-10 days post operatively
- Keep operative area elevated
- No heavy lifting, housework, or exercise until advised by Dr. Lohner to resume.
- Avoid sun exposure to this area for several months. Use sun block, brimmed hat, etc.
- Refrain from smoking for at least 10 days. Smoking slows healing and affects blood flow to wound.
- If wound is on the face, do not use make-up anywhere near the area until instructed to do so.

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS  
OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_ **please call office to  
arrange appointment 610-519-0600**