

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS

SKIN AND BIOLOGIC GRAFTING

AFTER YOUR SURGERY, THERE ARE SEVERAL THINGS YOU SHOULD KNOW TO TAKE PROPER CARE OF YOUR WOUNDS AND HEAL AS SOON AS POSSIBLE:

- Follow a balanced diet with a focus on protein. Your decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Keep _____ elevated _____.
- Keep wound dry and clean at all times. May need to only have a sponge bath to keep operative site dressing clean.
- Activities involving the affected sites should be minimized for approximately 2 weeks. Strenuous exercise and activities such as sports should be avoided for 4-6 weeks, depending on the extent of the surgery.
- Keep wound Vac (or other bolster dressing) on continuously until removed in clinic. Keep machine running at _____ mmHg continuously. Please keep machine plugged in as much as possible.
- **Please bring a wound Vac sponge and replacement canister with you to your clinic visits.**
- Follow up with Dr. Ferguson's outpatient clinic in _____ days.
Please call for an appointment, 801.507.1650.

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CALL ANYTIME

YOU CAN REACH OUR OFFICE
ANY TIME (including after hours)
801.507.1650.

Call us immediately if you think
you have an infection or if you
notice any of the following:

- *Increasing redness or hot to the touch*
- *Increasing pain*
- *Increasing swelling*
- *Fever greater than 101°F*
- *Vomiting more than two times*
- *Bleeding from the incisions that's difficult to control with light pressure*

Notify your local emergency
department or dial 911 if you
experience:

- *Chest pain*
- *Shortness of breath*
- *Vision changes*
- *Loss of consciousness*
- *Other emergencies*