

## **Flaps / Grafts**

### **Patient Discharge Instructions**

You have received sedative medication and/or general anesthesia which may make you drowsy for as long as 24 hours:

- DO NOT drive or operate machinery for 24 hours.
- DO NOT drink alcoholic beverages for 24 hours.
- DO NOT make major decisions, sign contracts, etc. for 24 hours.

**WOUND CARE:** If a dressing is used, keep it dry and intact. After dressing is removed (usually 24 hours), clean sutures with peroxide and apply Bacitracin to sutures twice a day.

#### **SPECIAL**

**INSTRUCTIONS:** Call Dr. Alford if you develop any of the following: persistent fever above 101° that is unresponsive to Tylenol,™ swelling, redness at the incision site, heavy bleeding, foul drainage, persistent nausea and vomiting, or other concerns.

**MEDICATIONS:** **Keflex: (cephalexin)** – an antibiotic used to prevent infection. Take one tablet when you get home and one tablet at bedtime. Take one tablet every 6 hours (4 per day) until the pills are completely gone.

**Loratab:** - pain reliever. Take 1 or 2 every four hours, as needed for pain. Do not drink alcohol when taking pain relievers. To avoid dosing confusion – keep Loratab separate from other medications. **TAKE WITH FOOD.**

**Phenergan:** - anti-nausea medication. Use 1 suppository every 4-6 hours, as needed to relieve nausea. This medication will make you drowsy.

**BATHING:** If dressings were placed over your wound, keep them dry at all times. Dr. Alford will do your first dressing change. In most cases, however, no dressing will be used. In order to improve and speed wound healing and reduce scarring, you should shower daily, allowing an indirect flow of warm water to wash over the wound. (Do not let water directly strike the wound and do not immerse or soak the wound).

**ACTIVITY:** On the day of surgery: REST. For 10 days following surgery: NO BENDING, LIFTING OR STRAINING; KEEP HEAD ELEVATED; SLEEP ON 2 OR 3 PILLOWS.

**DIET:** No dietary restrictions. Do not drink alcoholic beverages or smoke cigarettes/cigars/pipes for 2 weeks (alcohol consumption and smoking inhibit wound healing and can seriously impact flap/graft success).

**FOLLOWUP:** You should see Dr. Alford within 7-10 days following surgery. Please call for an appointment: **713/796-2001**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_