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WOUND CARE INSTRUCTIONS FOR KEREKIS SKIN SUBSTITUTE

INITIALLY:

Bolster dressing:

- Keep the bandage in place and dry for 1 week until you are seen back in the office.
- If the tape starts to loosen, try to reinforce it with additional medical tape.
- If the tape bandage comes completely off, do not disturb the yellow gauze underneath! You should fashion a new taped-on bandage with non-adherent gauze and medical tape.

Restrictions:

- Avoid lifting anything heavier than 10 pounds for 10 days after surgery. Heavy lifting may cause bleeding to occur.
- Avoid vigorous activity and exercise for 1 week after surgery (walking is okay). Increases in heart rate and blood pressure may cause increased bleeding. After 1 week, you may gradually resume your normal activities.

ONCE THE BOLSTER HAS BEEN REMOVED:

Supplies to purchase:

- Cotton-tip applicators (e.g. Q-tips)
- Petrolatum ointment (e.g. Vaseline)
- Non-adherent dressing (e.g. Telfa)
- Gauze
- Paper tape (e.g. 3M micropore brown paper tape)
- Gentle soap (e.g. Dove)

Bandaging:

- Wash your hands before each bandage change.
- Remove the bandage and gently clean the area with soap and water. Do not scrub the wound, just let soapy water run over the area. Rinse with water and gently pat dry with gauze or a clean, dry cloth.
- Apply a thick layer of petrolatum ointment over the entire wound with a cotton-tip applicator. (It may be easier to apply the ointment directly to the non-adherent dressing, then place over the wound.)
- Cut the non-adherent dressing with a clean pair of scissors to fit over the wound. If the wound is large or draining, place some gauze over the non-stick dressing.
- Secure the dressing with paper tape.
- Repeat daily until the wound is entirely healed (when there are no longer any open areas or drainage, and the top of the wound looks like the surrounding skin). This usually takes 4-8 weeks. Leg wounds take an especially long time to heal, usually around 3-6 months.
- It is very important to avoid letting the wound dry out or form a scab, as this slows down the wound healing process!