

Action: 30/60 Nurse Consult
Appointment

Time: _____

Date: _____

With: _____

Instructions

Graft Site

- Leave the dressing dry and intact until suture (stitches) removal
- You may shower, but cover the dressing with plastic or a temporary waterproof dressing
- It is important the dressing does **not** get wet

Donor Site

- Remove the white crepe bandage after 24 hours.
- Leave the dressing under the bandage dry & intact until the appointment for removal of sutures.
- Cover dressing with plastic when showering; do not soak the dressing.

Bleeding

- If Bleeding occurs, apply firm pressure to the area for 30 minutes.
- Stay still.
- If bleeding persists, call the surgery.

Pain relief

- **Do take**- Paracetamol or codeine based medication (as directed)
- **Avoid** (unless prescribed by your Doctor)
 - Anti inflammatory medications
 - Aspirin

Infection

If any signs of infection occur such as;

- Increasing redness
- Increased Pain
- Hot to touch
- Oozing

Please contact the surgery as soon as possible.

If you have any queries or concerns please contact the surgery and speak with a nurse.

Mt Hawthorn: (08) 6140 1000

Bunbury: (08) 6140 1080

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