

Postoperative Instructions For Dr. Momtazi's Skin Lesion/Cancer Patients with Skin Grafts

Your procedure is booked for _____

These instructions are designed to help you care for your reconstruction and obtain the best possible results.

Dressings

- Please keep the dressing on your skin graft in place until you see Dr. Momtazi

Showers

- Do not let the dressing on your skin graft get wet

Pain

- Pain to the area where you had your surgery is normal and expected; this should improve over several days
- If you have pain, start by taking BOTH Tylenol (acetaminophen) and Advil (ibuprofen) together, as ordered
- It is safe to take Tylenol (acetaminophen) and Advil (ibuprofen) at the same time (unless otherwise directed)
- If you continue to have pain, you can ADD the prescription pain medication ordered by your doctor
- It is safe to take Tylenol, Advil and prescription pain medication at the same time

Activity

- Avoid strenuous activity (nothing that will increase your blood pressure) for at least 2 weeks
- Do not lift more than 5 pounds for at least 2 weeks
- Activities such as showering, cooking and moving around your home are ok

Follow up

- Dr. Momtazi will see you in follow up on _____

Questions and concerns

- If you have questions about your surgery, please call our office (780) 540-9250
- You can also reach us by email at Susan.Lamb@ahs.ca
- We are available Monday to Friday from 9:00 AM to 2:00 PM

Emergencies

- If you have a concern that you feel is an emergency, please report to your nearest emergency department
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DR. MOEIN MOMTAZI