PLASTIC AND RECONSTRUCTIVE SURGERY
LOWER EXTREMITY RECONSTRUCTION HOME CARE

WOUND CARE
1. The following are instructions for wound care:
   a. Donor Site _______________________
   b. Muscle Flap _______________________
   c. Wound __________________________

SKIN CARE
1. You may wash your muscle flap with soap and water daily DO NOT use soap with perfume. A gentle soap like Ivory or Dove is adequate
2. Use a gentle towel to clean your skin graft/flap but DO NOT scrub your graft/flap.
3. You may shower daily, but DO NOT allow your leg to soak.
4. After showering, if wound care is not ordered, you may apply lotion with SPF ->15 to your donor site and muscle flap at least 3 times a day. Always keep your graft/flap moist.
5. DO NOT expose your donor site or muscle flap to direct sunlight until advised by your healthcare provider.

ACTIVITY
1. Dangling and Walking instructions
   a. DO NOT start weight bearing until cleared by your Orthopedist.
   b. Dangling: start with 1-5 minutes every 4 hours while you are awake.
   c. Increase dangling each day by adding 5 minutes to achieve 30 minutes
   d. If your muscle flap becomes swollen, dark in color, or painful elevate your leg and resume dangling in 1 hour.
   e. Keep your muscle flap elevated above your heart when not dangling.
   f. Continue to use splints if prescribed.
   g. Continue to use ace wraps or pressure garments if prescribed.

EMERGENCY
1. Check your muscle flap daily for the following
   a. swelling
   b. cold to touch
   c. dark or dusky color
   d. increased bleeding
   e. pain not relieved by medication
   f. increased amount of drainage in JP drain

If any of the issue mentioned above occur, please call the Plastic & Reconstructive Surgery Department at (323) 409-7731 or (323) 409-7828.