

At Home After Your Flap Surgery:



Call your Doctor

- Sit in your wheelchair only 4-6 hours a day. Do not sit or lie on any red and/or discolored area until your skin is back to its normal color.
- Call your doctor for new skin breakdown, fever, and/or swelling, drainage, warmth in your flap area. Your flap is skin & muscle. Your flap is very fragile. Be careful! You can get skin break down in the same area again.
- Sit only on padded surfaces and whenever possible on your wheelchair cushion.
- Inspect your skin 2 times a day. Keep it clean and dry.
- Do your RAISES every 15 minutes for 15 seconds.
- Consider purchasing a watch with a countdown timer to help you remember to do your RAISES (Timex or Vibralite).
- Do RAISES every 5 minutes when showering or toileting
- Do not do any jarring, bumping or sliding movements.
- Do not do activities such as roller coaster rides, wheelchair sports, weight lifting, sliding/crawling on the floor or bumping up stairs. You can ask the doctor if these activities will ever be safe for you.
- Please follow your doctor's advice and keep your appointments.
- You will come to clinic in one month. Check to see if you can increase your sitting time.



Don't forget



Questions or Concerns?

- Call the Pressure Ulcer Management office: 562-401-7167 Monday thru Friday 8-4:30.
- After hours, weekends, or holidays, call the hospital charge nurse: 562-401-7111.
- Call 562-401-8390, if you need an earlier appointment.



You are the key.

- You are the key person who is responsible for your health. You need to decide to make the lifestyle changes the Pressure Ulcer Management team have suggested.
- Good luck to you. Call if you need assistance. Remember we are here to help you when needed.
- **For Emergencies: Call 911 or go to the nearest emergency room.**



Call us. We want to help you stay healthy