

## INSTRUCTIONS FOR SKIN GRAFTED WOUND

Skin grafting is a procedure by which a piece of skin is removed from one area (donor area) and transplanted onto a surgical defect (recipient site) to provide restoration of normal skin contour.

### **MATERIALS:**

Q-tips or cotton tip applicators  
Vaseline or Polysporin (Do not use Neosporin)  
Telfa dressing pads (Non-adherent dressing pads)  
Medical tape (Note: Hypafix tape is available at CVS across the street from Cary Skin Center)

### **PROCEDURE FOR CARE OF SKIN GRAFTED AREA (RECIPIENT SITE)**

The dressing that was placed is a pressure dressing. This dressing applies pressure to the skin graft, which is important during the first week of healing.

1. If possible, leave outer pressure bandage in place for 7 days. If bandage becomes loose or soiled, contact our office and ask to speak to a nurse.
2. **DO NOT GET AREA WET UNTIL SUTURES ARE REMOVED.**

### **PROCEDURE FOR CARE OF SUTURED AREA (DONOR SITE)**

1. Remove bandage in 24 hours.
2. Gently clean around stitches with mild soap and water applied with a Q-tip. Dry with a fresh Q-tip.
3. Apply small amount of Vaseline to suture line.
4. Cover with strip of Telfa dressing. Secure with tape.
5. Dressing can be changed as often as necessary, but once daily is usually sufficient.
6. **DO NOT GET AREA WET FOR 24 HOURS**

### **WHAT TO EXPECT FOLLOWING SURGERY**

1. Some swelling, redness and/or bruising around the wound. This usually resolves within a few days.
2. A low grade fever (99-101) for which any **NON-ASPIRIN** product may be used.
3. Some drainage from the wound which may have a foul odor and be yellowish in color. This will resolve in a few days.
4. Significant bleeding is unlikely but may occur. Should you experience significant bleeding, it is recommended that you lie down and apply firm, constant pressure to the surgical site for a minimum of twenty minutes. If bleeding continues, repeat the pressure on the surgical wound for an additional twenty minutes. In the event that bleeding persists; please contact our office as early as possible during the day so that we may make arrangements for your evaluation. If you are unable to reach our office or your doctor, please proceed to the nearest emergency room for evaluation and assistance.
5. Discomfort at the surgical site may be experienced for several days following your surgery. One or two **NON-ASPIRIN** pain relievers taken every four hours may be used as needed. **CAUTION: (Bufferin, Anacin, Goody Powders, Excedrin and B.C. Powders all contain aspirin products.)** It is also recommended that you avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as Ibuprofen, Advil and Aleve. These products thin the blood and may cause bleeding.
6. Ice packs may be placed over the wound dressing during the first twenty-four hours. The ice pack is placed over the wound for fifteen minutes and may be repeated four times per day. You may also use a bag of frozen peas in substitution for an ice pack.
7. Avoid strenuous activity for at least two weeks following surgery.
8. The skin grafted area may vary in color from white to dark purple. Do not be concerned at this time with color variance; **NEVER** attempt to remove crusting from wound surface.
9. The donor site will take approximately two weeks to heal. Redness is common and may persist for months. This will eventually resolve.

Please contact our office or your local M.D. should you experience excessive bleeding, redness, swelling, fever or pain.

Further questions can be addressed through our nurse line at 919-277-1017. Our normal business hours are Monday, Tuesday and Thursday from 7:30am – 5:00pm and 7:30am – 1:30pm on Wednesday and Friday.

**IF BOX IS CHECKED, YOU HAVE BEEN GIVEN A PRESCRIPTION. PLEASE CHECK YOUR CARY SKIN CENTER BAG AND TAKE AS DIRECTED.**