

### INSTRUCTIONS FOR SKIN GRAFT WOUND WITH "LILLIPUTIAN" DRESSING

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. Leave the outer Telfa bandage in place and dry for 24-48 hours.
2. Remove outer Telfa bandage in 24-48 hours. Leave sutured down bolster dressing in place and dry until return in 7 days.
3. **DO NOT GET AREA WET UNTIL SUTURES ARE REMOVED.**
4. A minimal amount of bloody drainage is to be expected, especially for the first 24-48 hours. Lightly dab with q-tip or tissue as necessary to absorb any drainage. Do not pick off any crusting that may develop.
5. An unpleasant odor may present from the dressing and gradually increase. This is not uncommon and should be anticipated.
6. If necessary, a Telfa bandage can be placed over bolster dressing for short periods of time.

#### **PROCEDURE FOR DONOR SITE WOUND CARE**

1. Remove pressure bandage in 24 hours.
2. Gently cleanse area with mild soap and water solution.
3. Pat dry with gauze, towel or tissue paper.
4. Apply a small amount of Vaseline to the area.
5. Cover with a Telfa bandage. Secure with medical tape.
6. You may get this area wet after 24 hours.
7. Repeat daily until sutures until wound is healed or sutures are removed.

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

1. Some bruising and/or redness may occur. This usually resolves within a few days.
2. Swelling is common but should decrease with time. Sleeping with your head elevated is advised when the surgical wound is on the face. This allows gravity to drain the fluid from the swollen area.
3. Ice packs may be placed over the wound dressing or any area with swelling during the first 24-48 hours. The ice pack is placed over the area for 15 minutes and may be repeated four times per day. You may also use a frozen bag of peas in substitution for an ice pack.
4. Significant bleeding is rare, but if it occurs, lie down and apply firm constant pressure to the area for 20 minutes. **DO NOT peek.** If bleeding continues, repeat the pressure for an additional 20 minutes. A clean wash cloth or gauze pad can be used over the wound. If you cannot stop the bleeding, call our office, your local M.D., or go to the nearest emergency room.
5. Discomfort at the surgical site may be experience for several days following your surgery. Any **NON-aspirin** containing product can be used as directed. **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. Avoid strenuous activities for at least two weeks following surgery.
7. The donor site will take approximately 2 weeks to heal. Redness is common and may persist for months. This will eventually resolve.

Further questions can be addressed by calling our nurse line at **919-277-1017**. Our normal business hours are Monday, Tuesday and Thursday, 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.**