

### **INSTRUCTIONS FOR SKIN GRAFTED WOUND (SPLIT THICKNESS)**

Skin grafting is a procedure by which a piece of skin is removed from one area (donor site) and transplanted into a surgical defect (recipient site) to hasten healing, provide a barrier to infection of the wound, and to improve the appearance of the scar if left to heal on its own.

#### **MATERIALS:**

Mild soap and water.  
Q-tips or cotton tip applicators.  
Vaseline.  
Telfa dressing pads (Non- adherent dressing)  
Gauze pads.  
Paper tape

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

1. Leave outer bandage in place for 7 days. You may change bandage if it gets soiled.
2. If you need to change bandage, remove the old one carefully.
3. If crusting has formed, do not pick off.
4. With clean applicator, spread a thin layer of Vaseline ointment over the wound.
5. Cut Telfa pad to cover the wound. This is held in place with paper tape.
6. **DO NOT GET AREA WET UNTIL SUTURES ARE REMOVED.**

#### **PROCEDURE FOR DONOR SITE WOUND CARE (COMMONLY THE THIGH)**

1. Remove pressure bandage in 24 hours.
2. Gently cleanse area with a mild soap and water solution.
3. Pat dry with gauze, towel, or tissue paper.
4. Apply a moderate coating or ointment to the area.
5. Cover with a Telfa bandage. You may need to place a gauze pad OVER the telfa pad since this area may continue draining. (DO NOT place gauze directly over the wound, this WILL stick and be very uncomfortable to remove.)
6. You may get this area wet in 24 hours.

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

1. Bruising may occur and it usually resolves in several 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. 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.
4. You may experience some discomfort following surgery. Any NON-aspirin containing product can be used as directed. Avoid alcohol and any products that contain aspirin. These thin the blood and may cause bleeding.
5. Avoid strenuous activities for at least two weeks following surgery.
6. The skin grafted site 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.
7. 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 office at 919-363-7546. Our normal business hours are Monday, Tuesday and Thursday, 7:30am – 5:00pm and 7:30am – 1:30pm on Wednesday and Friday.**