

INSTRUCTIONS FOR SKIN GRAFTED WOUND: AFTER SUTURE REMOVAL

The sutures have now been removed from your skin graft. These instructions will help you care for your graft for the next several weeks.

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 AFTER SUTURE REMOVAL

1. Using a Q-tip and an antibacterial liquid soap, gently wash the graft surface and surrounding skin. Gently pat dry.
2. Please do not pick off crusting or scabbing associated with the skin graft.
3. With a clean applicator, spread a thin layer of Vaseline ointment over the graft. A topical antibiotic such as Polysporin may also be used.
4. Cut Telfa pad to cover the graft.
5. Apply a cotton ball or small gauze pad over the Telfa and secure firmly with tape.
6. Continue this routine daily for 2-3 weeks after suture removal. After this, you may discontinue use of a bandage and only apply Vaseline as often as needed to keep the graft area moist.
7. Avoid heavy impact exercise such as running or aerobics for 3-4 weeks. Swimming and weight lifting are also not recommended.

Please contact this office or your local M.D. if you have excessive bleeding, swelling, redness, 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.