

INSTRUCTIONS FOR WOUND GRAFTED WITH A XENOGRAFT

Skin grafting is a procedure by which a piece of skin is transplanted into a surgical defect to hasten healing, provide a barrier to infection and prevent bleeding. A Xenograft is a modified animal skin product that is used in place of your own skin when your physician determines that your own skin cannot be used to cover your surgical wound and/or the wound cannot be closed directly.

General Instructions:

1. Leave the outer pressure bandage in place for 7 days.
2. After 7 days, you will return to our office to have the bandage removed and the Xenograft evaluated.
3. **Do not get the bandage wet** until the bandage is removed in our office at your one week follow-up visit.
4. If the bandage becomes loose, reinforce it with any medical tape.
5. **If the bandage comes off or becomes wet, call our office during business hours*** and ask to speak to a nurse for instructions.
6. If the Xenograft has been placed on your arm or leg, **elevate your extremity above the level of your heart four to six times a day for twenty minutes at a time** until the follow-up visit.
7. Avoid strenuous activity for at least two weeks following surgery.
8. 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 assistance.

What to Expect Following Surgery:

1. Some swelling, redness and/or bruising around the wound may occur. This usually resolves within a few days. **Ice packs may be placed over the wound dressing during the first forty-eight hours to reduce swelling.** The ice pack is placed over the wound for fifteen to twenty minutes and may be repeated four to six times per day. You may also use a bag of frozen peas or corn in substitution for an ice pack.
2. Discomfort at the surgical site may be experienced for several days following your surgery. One or two **NON-ASPIRIN** (Tylenol or Acetaminophen) 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.
3. You may experience a low-grade fever (99-101) for which any **NON-ASPIRIN PRODUCT** (Tylenol or Acetaminophen) product may be used.
4. Some drainage from the wound is likely and may be yellowish in color and may have a foul odor. This will resolve in a few days.

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.