

WOUND CARE FOR SKIN GRAFT (with no bolster)

1. FIRST WEEK AFTER SURGERY:

- A. It is very important to keep the skin graft moist with Vaseline so it will not dry out.
- B. Twice daily, the skin graft will need to be gently cleaned with a Q-tip moistened with tap water and a generous amount of Vaseline applied directly over the skin graft followed by a Telfa dressing (non-adherent gauze) and tape over the graft to keep it moist. A Band-Aid may be used instead of the Telfa if you desire.
- C. Do not get the bandage wet for 48 hrs. After that you may allow it to get wet in the shower, but do not go swimming or submerge it.
- D. Beginning 48 hours after the surgery, the donor site (where the skin graft was taken) should be cleaned twice daily until the stitches are removed. A Q-tip soaked in tap water and a small amount of liquid soap should be used to clean away any crust or debris from the stitches.

If the donor site has no stitches (i.e. it is being left open to heal on its own) you may begin cleaning it 24 hours after the surgery. Clean the area twice daily with Q-tips soaked in tap water and a small amount of liquid soap. Rinse any residual soap away and apply Vaseline ointment generously. Apply a Band-Aid or Telfa non-stick gauze secured with paper tape or cloth tape.

- E. If you are a Smoker it is **VERY IMPORTANT** that you **DO NOT SMOKE** for at least 3 weeks. Smoking may "kill" the skin graft.

2. PERSONAL HYGIENE

In the first 48 hours, showers or baths are allowed if the bandage remains dry. After 48 hours, the sutures (stitches) may get wet, however, do not immerse them in bath water. Swimming is not allowed until the sutures are removed. You should avoid heavy lifting and exercise until the sutures are removed or as approved by the doctor.

3. OTHER IMPORTANT INFORMATION

Unless the doctor states otherwise, take Extra Strength Tylenol according to the package directions for pain as needed. If you are having pain that is not controlled by Tylenol, a prescription pain reliever may be given. Do not take both Tylenol and the prescription pain reliever. You should take one or the other. If you are prescribed an antibiotic, please take it as directed until you have finished all of the pills, unless you are not tolerating it for some reason. Please contact the doctor if you are not tolerating the medication.

Alcohol should be avoided for at least 3 days after surgery.

4. CONTACT THE DOCTOR IF THE FOLLOWING OCCURS:

- A. Bleeding which saturates your dressing (spotting of dressing is expected). To stop the bleeding hold direct pressure over the dressing for 20 minutes (without peeking). If the wound is still bleeding repeat the process.
- B. Temperature greater than 100 degrees F or 38 degrees C.
- C. Signs of infection, i.e., redness, swelling, foul-smelling drainage, pain or heat.

A PHYSICIAN CAN BE REACHED AT 704-295-0000 during office hours. If you have an emergency related to your surgery after office hours, please call 704-295-0000 and follow instructions for reaching the doctor on call.