



Wound Care Instructions: SKIN GRAFT

Your wound has been closed with a skin graft. Over the next several days, it is normal to see some bloody discharge on the bandage. If there should be heavy bleeding (that which soaks through your bandaging), lie down, try and elevate the area, and if possible, apply firm pressure with clean gauze for 20 minutes (without peeking). If bleeding persists after two rounds of pressure, please call the office at 321-406-8615. If you believe that your problem cannot wait, please go to the nearest Emergency Department.

Today: REST AND RELAX. If you have pain, you can take Tylenol, regular or extra strength, as directed on the bottle. Avoid aspirin or ibuprofen if possible during the immediate post-operative period (1-3 days). DO NOT apply ice to the graft!

Avoid any strenuous activity for TWO WEEKS minimum. No working out, heavy lifting over 10 lbs, running, stretching, golf, swimming—basically anything that will subject the wound to tension or excessive movement; walking, desk work, and basic life activities are fine. After 2 weeks, as your wound heals, you will slowly be able to get back to your normal activities. Increased activity leads to an increased risk of pain, bleeding, and wound separation. Please no submerged activities (baths, swimming, hot tubs) for at least two weeks.

Donor site: _____. This has been bandaged with Vaseline, non-stick telfa, gauze, and tape. Try and leave this bandage on for 2 days. The dressing should be changed daily, starting 2 days after your procedure. If you have difficulty removing the dressing, you may get it wet. It will loosen from the skin and be easier to remove. You may let soapy water gently run over the wound, followed by clean water. Do not rub the wound or let the stream of water directly hit the wound. You may then pat your wound dry. After patting your wound dry, please apply a thin layer of Vaseline or Aquaphor to the wound, a non-stick pad/telfa (cut to size, only slightly larger than the wound), then affix with tape.

Skin Graft Site: _____. Please keep the post-operative bandage on for 2 days. During this time, you will not be able to get the area wet. Please wash around this site/keep dry. After 2 days, you should change your dressing daily, just as you have been taking care of your donor site. You may let soapy water run over the wound, followed by clean water. Do not rub the wound or let the stream of water directly hit the wound. You may then pat your wound dry. After patting your wound dry, please apply a thin layer of prescribed antibiotic ointment to the wound, a non-stick pad/telfa (cut to size, only slightly larger than the wound), then affix with tape. It is very common for the graft site to undergo multiple color changes during the healing process, including white -> purple -> pink. Please do not be alarmed if your graft site does so. We will assess for proper healing at your follow-up visit.

For the best cosmetic results: Do not let the wound dry out or scab over. Keep the area moist with ointment. Please DO NOT use bacitracin, polysporin, Neosporin to the wound unless directed. Keep activity to a minimum. This can cause bleeding and/or scabbing in the immediate post-operative period in the wound and weaken/spread the resulting scar.

Please Note: Infections can develop. Signs of infection are: fever greater than 101, increased tenderness or pain, red streaking, swelling, pus, and a foul smell. If any of these symptoms occur, please call the office at 321-406-8615

Sutures: You have dissolvable sutures and will not need them removed. You should expect some redness in the area as they absorb. Do not tug. They will loosen and fall out over the next 2-3 weeks. For facial repairs, men need to avoid shaving the surgical area/s for two weeks.



**BLUE WATER
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I am always happy to see you for any wound care or dressing change concerns. Please call the office and you will be given an urgent appointment.

Barring any unexpected issues, you will be instructed to follow up with me:

You should be monitored by your primary dermatologist at regular intervals and be checked for signs of recurrence. always have an appointment scheduled, as your risk of developing a future skin cancer is increased.