



FULL THICKNESS SKIN GRAFT POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Blake Hospital Clinic

M-F 8 am- 4:30 pm
941-567-2876

Luminary Office

M-F 8 am- 5:00 pm
941-926-6553

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling of the surgical area. Within a few days or weeks, these symptoms will improve.
- The bolster (yellow dressing) may feel as if it is pulling the surrounding skin; this is normal. The donor area will not have a dressing covering the suture line.

ACTIVITY

- If the grafted area is above your shoulders, please keep your head elevated at all times. Please sleep with your head slightly elevated or propped up on several pillows for the first 72 hours after surgery.
- DO NOT drive if you are taking narcotic pain medicines

SURGICAL SITE CARE

- Please leave the dressing bolster on the graft site on and dry at all times. It is imperative that this stay dry and intact all times.
- Please inspect the surrounding area for any redness or drainage.
- The donor site (area where the skin has been taken from) has been sutured close. If the donor area is above the shoulders, please apply bacitracin or any antibiotic ointment twice daily to the suture line. If the donor area is in the groin, there is a glue over the suture line and you should avoid any ointments or creams to the area.
- There should be no outer dressing covering the donor site.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.

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- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk Of complications and infection.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling, yellow or green drainage, bleeding.
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

FOLLOW-UP

- You will be seen several days after your surgery to check the incisions and to ensure your progress.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.