



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 at both the grafted and donor areas.
- The donor area (area where skin was taken from) may ooze. This is normal.

ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- While you are healing, LIMIT your physical activities so that you DO NOT shear your graft.
- DO NOT drive if you are taking narcotic pain medicines.

SURGICAL SITE CARE

- Please leave the dressing on the graft site on and dry at all times. The donor site dressing (on your thigh) should be removed the day after surgery down to the yellow dressing, leave the yellow dressing in place. The goal is having the yellow dressing dry out. Please do this by allowing the dressing to be exposed to the air and dry it with a hair dryer on the coolest setting for 5-10 minutes several times per day.
- If you are going home with a wound VAC, you will have your Vac changed in the clinic by the surgical team.
- Do not remove the VAC as it may jeopardize the skin graft.
- If the donor area is just an incision, please keep this area clean.
- DO NOT shower or take a bath, the dressing needs to stay dry.
- Please DO NOT change or remove the dressing on the graft 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.

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- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- 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 within one week after your surgery to check the area.
- 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