

Skin Graft Wound Care

1. No strenuous activity for 48 hours. Resume moderate activity in 48 hours.
2. **On the day of surgery, alternate Tylenol and Ibuprofen (as able) every 4 hours beginning 1 hour after surgery for pain relief.**
3. No alcoholic beverages for 48 hours.
4. No dietary restrictions.
5. Do not smoke for 3 weeks; smoking may cause the graft to die.

Wound Care

1. The pressure bandage (bulky bandage) should be left on for 24-48 hours.
2. If the tape becomes soiled or starts to come off, reinforce it with additional paper tape.
3. **Leave the sutured bandage in place until you come in for follow up in one week. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.** (Refer to the reverse side of this page for management of bleeding). If the bandage falls off, CALL US.
6. Keep the bandage DRY. Wash around it carefully.
7. Once the bolster is removed
 - a. Apply vaseline to the skin graft daily for 4 weeks. Do NOT allow the skin graft to scab up or dry out - this will kill the graft
 - b. Keep the skin graft covered with a bandaid for 3 weeks
 - c. When you shower keep the skin graft covered & do not allow direct water to hit the skin graft for 3 weeks

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Protect your skin graft. Apply vaseline and a bandaid daily to the skin graft for the first month. Do not allow direct shower water to hit the skin graft for the first three weeks.

Numbness. Itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

§ **It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Swelling will resolve in 5-7 days. Elevate the area to reduce swelling.**

If you have any questions after hours please call: (904) 274-1933

POSSIBLE COMPLICATIONS

BLEEDING:

1. Leave the bandage in place.
2. Use tightly rolled up gauze or a cloth to **apply direct pressure over the bandage for 30 minutes**. NO looking – just hold pressure for 30 min.
3. Reapply pressure for an additional 15 minutes if necessary
4. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
5. Use additional gauze and tape to maintain pressure once the bleeding has stopped.

PAIN:

1. Post operative pain should slowly get better, never worse.
2. Alternate Tylenol 500mg and Ibuprofen 400mg every 2 hours beginning 1 hour after surgery for pain relief. Do NOT take more than the recommended dose on the medication label. Do NOT take more than 3,000mg of Tylenol (acetaminophen) and 1,200mg of ibuprofen in a 24 hour period.
3. A severe increase in pain may indicate a problem. Call the office if this occurs.