

GREENSBORO DERMATOLOGY ASSOCIATES, PA

Patient Information

POST-OPERATIVE WOUND CARE INSTRUCTIONS FOR FULL THICKNESS SKIN GRAFTS

1. After surgery, go home, and take it easy. Do not do anything that requires you to bend, strain, lift, or cause exertion until sutures are removed or otherwise directed. Do **NOT** get hot and sweaty. No strenuous exercises until after your sutures are removed or otherwise directed.
2. **IF BLEEDING STARTS**, apply continuous firm pressure with a dry washcloth on area for 20 minutes without removing the bandage (set timer). Do not “check” or “peek” at area by removing pressure until a full 20 minutes has passed. If bleeding persists, hold continuous firm pressure for an additional 20 minutes. If the bandage becomes saturated, it may be replaced. If bleeding does not resolve, please call the office for the physician on-call.
3. **TO PREVENT SWELLING**: Apply frozen peas/corn (or frozen gel-pack) once hourly, for 20 minutes at a time, for the rest of the day.
4. Sleep with 2-3 pillows on unaffected side for the first few nights as this helps to minimize swelling.
5. No alcohol for 48 hours after surgery. (Alcohol can increase bruising and may interact with your pain medication).
6. Smoking: Patients that smoke have increased risk of delayed wound healing, smoking cessation is recommended.
7. **FOR PAIN**: Take 1-2 Extra Strength Tylenol (or the prescription pain medication provided) every 6 hours as needed. Do not take both the Tylenol and the prescription medication within 4 hours of each other.
8. If you discontinued your aspirin or aspirin-containing products prior to surgery, do not restart these for at least 48 hours.
9. Change the dressing daily (after the first 48 hours) as instructed using the following steps:

SUPPLIES NEEDED:

- a) **Hydrogen peroxide** – mix with tap water 50/50
- b) **Q-tips**
- c) **2X2 or 4X4 sterile gauze pads**
- d) **Non-stick gauze pads** (brand-name: **Telfa or Band-Aids** for small wounds)
- e) **Vaseline ointment or Bacitracin ointment**
- f) **Paper tape** (brand-name: Micropore).
- g) **Bags of frozen peas or corn** which will be used as ice packs. You can refreeze these after each use but discard and do not eat them after refreezing.

FOR THE GRAFT SITE:

If your outer bandage were to come off, you will see a round bolster (a piece of gauze or cotton balls, which is wrapped with an antibiotic impregnated dressing) covered with gauze and tape. **DO NOT** change or manipulate this bandage. Dr. Goodrich will remove.

***It is very important that you treat this bolster with extreme care to avoid it being traumatized, thus effecting the outcome of the graft. It cannot get wet.**

You will return to the office in 1 week for a wound check and to have the bolster removed.

Once the bolster is removed by the office, you should start daily wound care just as you did with the donor site with ½ strength hydrogen peroxide and Vaseline or Aquaphor and a bandage until the wound has healed over.

Once the wound has healed over, regular skin care and make up may resume.

FOR THE DONOR SITE: (The area from which we borrowed skin in front of, or behind the ear or the neck or chest).

Wash hands before and after each dressing change.

Remove old bandage after 48 hours. You may shower (with the bandage on) after the initial 48 hours. Remove the bandage after getting wet.

Clean area gently with sterile gauze pads or Q-tips using ½ strength hydrogen peroxide and tap water. Lightly remove any crusting along suture line and around the wound. **DO NOT SCRUB!** If crust does not come off with gentle cleaning, do not attempt to remove. (We do NOT want a scab to form as this can slow down healing and may increase the chance of infection and scarring).

Gently dab wound dry with sterile gauze.

Apply Aquaphor or Vaseline ointment to keep wound moist for better healing.

Cover with non-stick gauze pad and paper tape (or you may use a Bandaid if the wound is small)

Continue daily wound care with ½ strength hydrogen peroxide and Vaseline or Aquaphor until the wound has healed over.

Once the wound has healed over, regular skin care and makeup can resume.

****If your wound becomes red, warm, painful or begins to drain, or if you develop a fever of 101 degrees or greater, please contact us.**

If you have any further questions or problems, please call the office at (336) 954-7546, Monday through Friday 8:30 AM to 5 PM. If problems occur during the weekend hours, call (336) 954-7546 and you will be given the number to reach a dermatologist on call. After hours on weekdays, call Dr. Goodrich's cell phone @ (336) 430-8608.

We wish you a SPEEDY RECOVERY!!!!

GD-66, Rv 6/27/16