

Skin Graft

- No strenuous activity 1 week.
- Apply Ice for 10 minutes every hour for the first day.
- Take Tylenol, 2 tablets every 4-6 hours as needed for pain, not to exceed 4 grams in one 24 hour period. No aspirin or other over the counter products that contain aspirin and other blood thinners for 48 hours unless directed otherwise.
- No alcoholic beverages for 48 hours.
- Leave the bandage in place, **DO NOT REMOVE**, until you come in for follow up in one week. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.
- Do not get wet. Wash around it carefully.
- Do not smoke for 3 weeks; smoking is detrimental to wound healing and may cause the graft to die.
- It is normal to have swelling and bruising around the surgical site. Elevate the area to reduce swelling. Sleep propped up on 2-3 pillows.
- Avoid prolonged exposure to extremely cold temperatures for 3 weeks.
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

POSSIBLE COMPLICATIONS:

Bleeding - If this occurs do the following:

- Leave the bandage in place.
- Use rolled up gauze or a clean cloth to apply direct pressure over the bandage for 20 minutes straight. Do not release.
- Call the office if pressure fails to stop the bleeding.
- Use additional gauze and tape to reinforce the bandage once the bleeding has stopped.

Pain

- Post operative pain should slowly get better, never worse.
- A severe increase in pain may indicate a problem. Call the office if this occurs.

DONOR SITE

- You may remove the pressure bandage in 24 hours. Clean the area gently with soap and water. Apply a thin layer of Vaseline 4-6 times per day. You do not need to cover this. The sutures will be removed at your follow up appointment in 1 week.

- If your donor site is on your leg, you will have a clear bandage under your pressure bandage. The clear bandage will remain for 2-3 days, and will accumulate some drainage and blood underneath.
- You may remove the clear bandage in 2-3 days or sooner if leaking or shifting. Clean area well with soap and water.
- Once area is clean and patted dry, apply petrolatum ointment and cover with a Telfa bandage. Change this bandage every day or sooner as needed. It may take 4-6 weeks for this area to completely heal. Continue these dressing changes until skin is completely intact.

Call the office if...

1. Any of the bandages become saturated with blood, or you are having bleeding that is not stopping with direct pressure after 20 minutes.
2. You are having a great deal of pain that is not relieved with Tylenol or prescribed medication. Pain after 48 hours is not expected.
3. The wound appears to be worse instead of getting better each day (Increased pain, redness, increased swelling, warm to touch, drainage).
4. Your graft bandage has become wet with drainage or has come off.

How to Reach us:

Please call **503-223-3104**. After hours or on weekends, please call **503-208-8127**.