



SKIN GRAFT WOUND CARE INSTRUCTIONS

REST! Avoid strenuous exercise, bending, stooping, or heavy lifting for the first few days after surgery. Sometimes these motions can cause bleeding from the incision. **NO EXERCISE** for at least 7 days!

You have a skin graft on your _____. In order for the skin graft to “take”, it needs to be left undisturbed. **Do not get the skin graft wet and do not change the dressing** over the skin graft. In other words, leave the skin graft alone until you return to the office in one week.

The skin graft was taken from your _____. This is the donor site. You will be leaving our office with a dressing over the donor site. This pressure dressing should stay in place for 24 hours. After the 24 hours you can start wound care. (Please see wound care sheet)

PAIN: Take 1-2 Tylenol or the prescription pain medication as needed. Do not take any aspirin or aspirin-like products for at least 48 hours (unless you are on blood thinners for a medical condition such as a heart stent or stroke) as these may cause bleeding. Minimize alcohol intake for 24 hours. Alcohol can increase bruising and may interact with your pain medication.

BLEEDING: Apply pressure to the area for 15-20 minutes. Time it! Repeated “peeking to see if the bleeding has stopped” will only allow the bleeding to continue. If the bleeding continues, please call the office (678) 888-4460 or if after hours please call Dr. Galloway (678) 660-5080.

SWELLING: Use ice packs-15 minutes at a time, 1-2 times an hour. A bag of frozen peas or other vegetable can be used in place of an ice pack. Please make sure a thin towel is wrapped around the ice pack so the bandage does not get wet. Swelling at the site may take 3 months for final resolution (the time it takes for any buried sutures to dissolve). Depending on the location sitting up rather than laying flat will improve swelling.

BRUISING: Bruising may take 10-14 days to completely resolve. If you develop a hematoma or severe bruising, it may take longer.

Showering and shampooing are permitted 24 hours after surgery if you can manage to avoid getting the skin graft wet.