



### **Post-Op Care & Common Concerns After Skin Graft Surgery:**

When coming out of surgery, you will have two wounds. One wound is the initial wound that is covered with the skin graft, or skin graft site. The other wound, typically on the thigh, is the area the skin was taken from. This is referred to as the donor site.

#### **Wound care and dressings**

The postoperative dressing is a very important part of your treatment. The dressing should be left intact until your postoperative visit, unless specified in detailed postoperative instructions.

Your donor site will be covered with a yellow dressing material, called xeroform, then a clear plastic covering called tegaderm. Both layers are to remain in place until removed in the office. On top of those layers will be an absorptive pad, ABD pad, and finally an ace wrap. Both the ABD pad and ace wrap may be changed if saturated by blood or drainage from the wound. Bleeding is likely to occur from the donor site wound.

Your skin graft site will be covered in several layers of dressing materials. This dressing will be changed for the first time at your post-operative visit.

Place a large plastic bag over your dressing/splint when you shower or bathe to prevent it from getting wet. Place two rubber bands above the dressing/splint to keep the bag in place and to avoid leaking.

#### **Activities**

In general, care should be taken within the first several days following surgery to limit any strenuous activity. Elevations of the heart rate and blood pressure can increase swelling and discomfort.

Depending on the location of your wounds, you may be non-weight-bearing or in a splint which can further limit your activity.

#### **Medications**

Pain medication and antibiotics are frequently prescribed, and details regarding these medications can be addressed by your pharmacist.

In addition to prescribed pain medication, over the counter ibuprofen (Advil, Motrin) can be taken 600mg every 6 hours as needed.

Pain medications can sometimes cause nausea, constipation and itching. These are frequent "side effects" but rarely constitute a true allergy. Any new rash, difficulty with breathing, or swelling of the lips and face may indicate a serious allergic reaction, and you should be seen by your doctor.

#### **Infection**

Infections following skin graft surgery are uncommon. Please contact our office if you experience increasing redness to the surgical site, redness spreading away from the surgical site, or spiking fevers (over 101.5 degrees) as this may signal an infection.