

## WOUND CARE INSTRUCTIONS SKIN GRAFTS

- After surgery, **go home and take it easy**. No exertion, lifting, bending or straining for one week.
- **NO SMOKING** for at least one week. The nicotine in each cigarette significantly reduces blood flow to the skin graft for several hours and greatly increases the risk of graft failure.
- **Do not drink alcohol or take aspirin for at least 72 hours** following surgery. If you require medicine to control any discomfort, take only Tylenol.
- *Leave the dressing on your skin until the sutures are removed.*
- Do not get the dressing wet. If it becomes soiled by drainage from the wound, you may cover it with another piece of tape. If the dressing starts to pull away from the skin, it may be necessary to reinforce it with more tape.
- Bruising and mild swelling around the surgery site is normal. A “black eye” is also common following surgery on the forehead, nose or cheeks. Usually discomfort is mild and easily controlled with Tylenol. Call our office if you observe significant or rapid swelling, pain, bleeding or fever.
- Sutures are typically removed in seven days. After suture removal, another flat dressing is placed over the graft for an additional seven days.

### Donor Site

(the area the skin was taken from)

- After 24 hours you may remove the top bulky pressure bandage from the donor site. If the donor site was sutured, leave the flat dressing on your skin until sutures are removed. If the donor site was not sutured clean the area daily with Q-tips and tap water. Then apply a small amount of antibiotic ointment (Polysporin) and cover with a Band-Aid or a Telfa pad and paper tape (Micropore). Keep a dressing on the donor site until it has healed completely (usually 3 to 6 weeks).
- If you are unable to contact us in an emergency, please go to your local hospital emergency department.

**If you have any questions, please call us at (909) 981-8929**