



CARY SKIN CENTER

INSTRUCTIONS FOR SKIN GRAFTED WOUND

Skin grafting is a procedure by which a piece of skin is removed from one area (donor area) and transferred onto a surgical defect (recipient site) to provide restoration of normal skin contour.

PROCEDURE FOR CARE OF SKIN GRAFTED AREA (SKIN CANCER SURGICAL WOUND):

The dressing that was placed is a “pressure dressing”. This dressing applies pressure to the skin graft, which is important during the first week of healing.

NOTE: Leave the outer pressure dressing in place for 7 days. If bandage becomes loose, secure with additional tape. If the dressing becomes soiled contact our office. **DO NOT GET AREA WET UNTIL SUTURES ARE REMOVED.**

WHAT TO EXPECT FOLLOWING SURGERY:

1. Swelling, bruising, numbness and/or redness around the wound are common. These symptoms typically resolve within several days.
2. Take one or two **NON-ASPIRIN** PAIN relievers as needed for pain. (**Motrin, Ibuprofen, Aleve or Tylenol**) (Tylenol or Acetaminophen is preferable. You may add Ibuprofen, Aleve or Motrin as directed, if tolerated.)
3. Drainage from the wound may occur. It may have a yellowish color and will resolve after several days.
4. If you experience bleeding that leaks beyond the edges of your dressing, roll up a clean hand towel, place over surgical site, lie down for 20-30 minutes using body weight for pressure if possible. Repeat if bleeding continues. Please contact our office as early as possible during the day. If you are unable to reach our office or your doctor, please proceed to the nearest emergency room for evaluation and assistance.
5. A low-grade fever (99-101 degrees Fahrenheit) following surgery may occur. A **NON-ASPIRIN** product may be used. (**Motrin, Ibuprofen, Aleve or Tylenol**)
6. Icepacks may be placed over the wound dressing during the first 24-48 hours. The icepack is placed over the wound for 15 minutes and may be repeated 6 times per day.
7. Avoid heavy impact exercise such as running, aerobics, swimming and weight lifting for 3-4 weeks.
8. Please contact our office or your local physician should you experience excessive bleeding, swelling, redness, fever or worsening pain.

****Please turn this page over to find instructions on how to perform daily wound care on your donor site****

Further questions should be addressed through our clinic team line at 919-277-1017. Our normal business hours are Monday, Tuesday and Thursday from 7:30am – 5:00pm and 7:30am – 1:30pm on Wednesday and Friday. Calls to our physicians should be limited to medical emergencies only.



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INSTRUCTIONS FOR DONOR SITE

MATERIALS NEEDED:

- Clean soft cloth
- Vaseline or Polysporin
- Liquid Antibacterial soap
- Telfa - Non-adherent pads
- Medical tape

DAILY WOUND CARE OF SUTURED AREA (DONOR SITE):

1. Remove bandage in 24 hours.
2. Using liquid antibacterial soap and water, gently cleanse the sutures and surgical wound using a clean soft cloth or clean fingers and rinse off with water.
3. Pat dry or let air dry for 5-10 minutes
4. Cut Telfa pad to cover suture line
5. Apply a very thin layer of Vaseline to Telfa pad, secure Telfa pad to suture line with medical tape.
6. This process will be repeated daily until the sutures are removed

DAILY WOUND CARE OF NON-SUTURED AREA (DONOR SITE):

1. Remove bandage in 24 hours.
2. Using liquid antibacterial soap and water, gently cleanse the surgical wound using a clean soft cloth or clean fingers and rinse off with water.
3. Let air dry for 10-15 minutes.
4. Cut Telfa pad to cover wound
5. Apply a very thin layer of Vaseline to Telfa pad, secure Telfa pad to skin with medical tape.
6. This process will be repeated daily until wound is completely healed.

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Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer. The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label SPF 30 or higher, broad spectrum (which means it protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer) and water resistant for up to 40 or 80 minutes.