



## CARY SKIN CENTER

### **INSTRUCTIONS FOR SKIN GRAFTED WOUND: AFTER SUTURE REMOVAL**

The sutures have now been removed from your skin graft. These instructions will help you care for your graft for the next several weeks. This will increase the likelihood of the desired outcome for your graft.

#### **MATERIALS NEEDED:**

- Q-tips or cotton tip applicators
- Vaseline or Polysporin
- Antibacterial liquid soap
- Telfa - Non-adherent pads
- Cotton ball or gauze
- Medical tape

#### **DAILY WOUND CARE OF SKIN GRAFTED AREA AFTER SUTURE REMOVAL:**

1. Moisten a Q-tip with water and mix with antibacterial liquid soap, gently wash the graft surface and surrounding skin. Begin at the center of the graft and roll Q-tip outwards. Rinse with water.
  2. Gently pat dry or let air dry for 5-10 minutes. (Do not pick off crusting or scabbing associated with the skin graft.)
  3. Cut Telfa pad to cover the graft
  4. Apply a very thin layer of Vaseline to Telfa pad, secure Telfa pad to cover graft with medical tape.
  5. Apply a cotton ball or folded gauze pad over the Telfa and secure firmly with tape to maintain pressure to your new graft site for the next week or as directed.
  6. After completing #5 (7 days of the pressure bandage), you may discontinue using the pressure bandage. Continue to cleanse area daily with soap and water. Gently pat dry or let air dry for 5-10 minutes, cut Telfa pad to cover the graft, apply a very thin layer of Vaseline to Telfa pad, secure Telfa pad to cover graft with medical tape. This process will be repeated until the graft is completely healed.
- Avoid heavy impact exercise such as running, aerobics, swimming and weightlifting for 3-4 weeks.

Please contact the office or your local physician should you experience excessive bleeding, swelling, redness, fever or worsening pain.

***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.***

*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 (UVB) rays, both of which can cause cancer) and water resistant for up to 40 or 80 minutes.*