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## HOME CARE AFTER SKIN GRAFT

PLEASE FOLLOW THESE INSTRUCTIONS IN ADDITION TO THOSE LISTED ON THE **GENERAL HOME CARE AFTER PLASTIC SURGERY** SHEET YOU RECEIVED.

- THE DRESSINGS ON THE SKIN GRAFT SITE WILL REMAIN IN PLACE FOR ONE FULL WEEK AFTER SURGERY.
- DO NO TOUCH OR MANIPULATE THE DRESSINGS.
- IF THE DRESSINGS FALL OFF OR SHIFT NOTIFY OUR OFFICE.
- AVOID ACTIVITIES WHICH CAUSE PERSPIRATION OR CAUSE THE DRESSING TO MOVE.
- IF THE GRAFT SITE IS ON YOU LEG, LIMIT ACTIVITY TO AROUND THE HOUSE AND KEEP YOUR LEGS ELEVATED WHEN IN BED.
- DRESSINGS ON THE DONOR SITE WILL ALSO REMAIN IN PLACE UNTIL YOUR FOLLOW UP VISIT.
- THIS DRESSING MAY BECOME SOILED, HOWEVER YOU WILL HAVE MUCH LESS DISCOMFORT IF YOU LEAVE THE DRESSINGS IN PLACE.
- USE PAIN MEDICINES AND ANTIBIOTICS AS DIRECTED.
- AFTER THE INITIAL DRESSING IS REMOVED NEW DRESSINGS WILL BE APPLIED. AFTER THE FINAL DRESSING IS APPLIED, YOU WILL NEED TO APPLY BACITRACIN TO THE GRAFT SITE 4 TIMES A DAY TO PROTECT THE GRAFT AND PREVENT IT FROM DRYING OUT.
- IT TAKES 3-6 WEEKS FOR THE GRAFT TO LOOK LIKE SKIN. UNTIL THIS TIME THE GRAFT MAY LOOK GRAY, PALE OR DULL AND WILL HAVE AN UNNATURAL APPEARANCE.
- THE GRAFT WILL IMPROVE OVER THE FIRST 4-6 MONTHS. THE GRAFT WILL MATURE, SOFTEN AND BECOME MORE PLIABLE.
- THE COLOR MATCH IS NEVER PERFECT, HOWEVER THE APPEARANCE CAN BE IMPROVED BY AVOIDING EXCESSIVE SUN EXPOSURE.
- WE RECOMMEND SUN BLOCK WITH AN SPF 50 OR HIGHER, CONTAINING TITANIUM DIOXIDE.