



Skin Graft Care

bolster in place

908-277-8759
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Care of the grafted site

- Keep the skin grafted area clean and dry until your next visit. Do not wet it. If the outer dressings loosens or falls off, use a dry Band-Aid daily to cover the yellow bolster that covers the graft.

Care of donor site

- Remove the donor area outer dressings in ___ hours.
- If Steri-Strips cover that incision, no special care is needed. Let them fall off on their own.
- If sutures are exposed, cleanse the donor site gently with soapy water once a day. Use your fingers, not a wash towel or loofah. Pat dry the area, then apply a thin coating of _____. After drying Cover the donor site either with a Band-Aid or with non-stick (Telfa) gauze & paper tape.
- Do not use any lotions, creams or ointments, unless specifically instructed.

General Instructions

- You may shower, but grafted area must stay dry. Sponge bathe if you are unable to do so.
- Avoid any activity or exercise that vigorously moves/stretches the surgical areas, for 21 days.
- For adults, take one to two Tylenol 325mg (acetaminophen), if needed for pain every 4 hours.

Dealing with problems

- If you experience bleeding, apply continuous pressure; using gauze or washcloth, for 20 minutes. If it does not stop, try putting pressure on the site again with an ice pack for 20 minutes. If it still fails to stop, call us to speak with a nurse, or the on-call doctor if after hours.
- If you develop severe swelling, redness beyond the incision, severe pain, draining pus from the incision, or a fever above 101.5, please contact us for advice. These may be signs of infection.

Appearance of surgery sites

It will take 1 year or more for your incision scar to reach its final stage. Be patient, follow our instructions, and allow your body and time to take care of things. If you believe you aren't healing properly, or if you have other questions, please call our office between 8:30am and 5:00pm to speak with a nurse. After hours emergency calls will be forwarded to the on call surgeon.

Follow-up Visit: ___ / ___ / 20___ @ ___ : ___ Nurse / PA

Caring for a skin graft site after bolster removal (2nd stage)

- Wash your hands with soap and water, prior to touching an incision site.
- Apply a thin coating of Bactroban (mupirocin) to the grafted area once a day, and cover with a Band-Aid or non-stick (Telfa) gauze & paper tape.
- Do not get the grafted area wet, but if necessary peroxide and Q-tips can be used for very gentle cleansing.
- The donor area may now be exposed to air. No treatment is needed. Covering is optional.
- Do not use any other lotions, creams or ointments, unless specifically instructed.
- Do not swim or submerge the grafted area under water.
- **Your nurse or PA will let you know when this stage is complete. Do not progress to the next stage of care until you are instructed to do so.**

Caring for a skin graft after it is attached (3rd stage)

- You may now cleanse the grafted site gently with soapy water once (or twice) a day. Use your fingers, not a wash towel or loofah.
- Pat dry the area, then apply a thin coating of Bactroban (mupirocin).
- Coverage is optional. You may use a Band-Aid or non-stick (Telfa) gauze & paper tape.
- You may shower with the grafted area exposed to shower water, but treat the area gently until 30 days after the grafting date.
- **Your nurse or PA will let you know when it's safe to start massaging the graft and/or use anti-scar products. Do not use any products on your own within 30 days of surgery unless you have clearance from our staff.**