FULL THICKNESS SKIN GRAFT AND WOUND CARE

MATERIALS

- Hydrogen Peroxide diluted ½ strength with water, Q-tips (cotton-tipped applicators), ½ or 1 inch paper tape, clean scissors, non-stick pads (Telfa or equivalent), Vaseline or Aquaphor or in some cases, an antibacterial ointment.

WOUND CARE - FIRST 48 HOURS

- Usually keep the area dry for 48 hours.
- Leave the original dressing on for 48 hours unless drainage or bleeding necessitates changing it earlier. If you need to change it, apply ointment and a dressing as discussed below.

WOUND CARE AFTER 48 HOURS

Wound care instructions apply to both the graft and the donor site

- After the initial 48 hours, you may take the dressing off and then shower. You may wash your hair, shave, etc. You may clean the wound with soap and water in the shower. Perform wound care after you shower. If a bolster (tie-on dressing) was placed, do not get it wet.
- Use a cotton-tipped applicator soaked in water to clean around the graft, incision line, or open wound. If sutures were used to close the donor site, clean with hydrogen peroxide. Do this to remove all scabs, crust, or dried blood and to remove bacteria from the entire surrounding area.

Cotton-tipped applicators should be thrown away after single use.

- Around the eyes use a cotton-tipped applicator soaked with water (and baby shampoo if needed) to clean the wound.
- Avoid touching the wound with fingers to avoid infection.
- Dry wound with a clean Q-tip or gauze.
- Use a cotton-tipped applicator to apply ointment (Vaseline or Aquaphor or in some cases an antibacterial ointment) to the graft and donor site.
- Cover with a non-stick (Telfa) dressing and tape as directed. Sometimes coban or an ace wrap can be used instead of tape.
- Perform wound care twice a day.
- If a bolster (tie-on dressing) was placed gently clean around the edges of the graft only with water. Apply a thin layer of ointment around the bolster and cover with a non-stick dressing and secure with paper tape. Do not get the bolster wet.

BLEEDING

If you think you are bleeding or if your dressing becomes blood soaked, remove the dressing to evaluate the site. If there is active bleeding (oozing), put pressure with gauze for 10-20 minutes over the bleeding area. If bleeding will not stop with pressure after 40 minutes of pressure, call us. As a last resort, if bleeding is significant and you canâ€™t control it with pressure and you canâ€™t reach anyone from our office, go to an emergency room. Usually it is better to hold pressure until you can reach one of our office staff.

PAIN

Post-operative pain is usually minimal. Regular or extra-strength Tylenol (Acetaminophen), 2 tablets every 6 hours, usually will control pain. If needed, apply a cold pack over the dressing for 20 minutes every 2-3 hours during the first 24 hours. This will
relieve swelling and help minimize bruising and will also lessen pain. Avoid Aspirin and alcohol for 3 days after surgery. It is also best to avoid ibuprofen and similar meds for 2-3 days after surgery, if possible.

**INFECTION**

If your surgical site is becoming more tender or red or swollen or hot to the touch or if you have drainage with pus or excessive drainage or foul odor, you may have an infection. **Call us.**

**In case of an emergency call**

Office: 801-262-3659 If no answer, call 801-262-3600

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