

Post Operative Instructions for a Skin Graft

- **Please contact us if ANY problem occurs:** Ph 3324 0466
- Keep the wound very dry. Exercise, straining or bumping the wound cause bleeding and must be avoided.
- It is essential to elevate the wound with strict bed rest or chair rest for the first week. Toilet privileges are allowed but nothing else. Meals need to be arranged for you.
- **DO NOT** remove the dressing under any circumstances. Doing so may damage the skin graft.
- **Pain** should be adequately controlled with:- panadol, or nurofen plus (slightly stronger).
- **Wound infection** occurs in a small percentage of all wounds. **Contact us with ANY concerns.**
- What to look for:- Increasing pain, wound discharge, an odour, redness around the wound or an unexplained temperature.
- **Bleeding** from under the dressing in the 1st 48 hours following a skin graft is **expected** and you should not be concerned. Heavier bleeding does not indicate a problem, but needs to be dealt with as follows.
 - It is wise to plan for this. After you get home have a small towel ready.
 - Apply firm pressure with the towel for 15 minutes with a cold compress.
 - Clean up after the bleeding has stopped. Do not remove the dressing.
 - **If the bleeding will not stop, contact me** on the numbers provided.
- Sutures: Return for removal of sutures in 7 days.