

Skin Graft Instructions

You have had a skin graft removed from a “donor site” and sutured to repair your wound. It is crucial that you don’t bump or manipulate your skin graft, or it won’t survive. A “bolster dressing” had been sutured over the graft to secure and protect it.

Skin Graft Aftercare

- Keep the surgical dressing clean, dry, and intact until you come back in one week for removal.
- If the dressing falls off, you will see the bolster secured with stitches. Do not attempt to remove the bolster. Apply Vaseline on the bolster and cover it with a Band-Aid or telfa dressing.
- The day you come in to have the bolster dressing removed, you may soak the area with warm water before your appointment. This may be done in the shower if preferred.

Donor Site Aftercare

If the donor site was closed with **stitches**

1. Remove the pressure dressing 24 hours after surgery.
2. Gently clean with warm water and a mild soap.
3. Apply Vaseline along the stitches and apply a Band-Aid or non-stick dressing.
4. After 7 days, you may leave the stitches open to the air.

If the donor site is being allowed to heal in **Second Intent**

1. Leave the original dressing in place for at least 24 hours.
2. Gently clean the wound with warm water and soap. After cleaning, apply a generous amount of Vaseline or Aquaphor ointment over the wound.
3. Cover the donor site with a Band-Aid or dressing.
4. Repeat daily until the wound heals (usually 3-4 weeks).

Frequently Asked Questions

1. What If I have **bleeding**?
 - a. The greatest risk of bleeding occurs in the first two days after surgery. Try to take it easy and avoid exercise, heavy lifting, bending over, or other activities that increase your heart rate and blood flow to the surgical site. Some mild bleeding is normal. If the surgical site bleeds enough to saturate the surgical dressing, apply direct pressure right over the dressing for 15 minutes without releasing. If the bleeding continues, please call your provider that performed the surgery.
2. What if I have **pain**?
 - a. Take two Extra- strength Tylenol (two 500mg Acetaminophen) every four hours as needed for pain. You may substitute a prescription pain pill if one was prescribed for you.

Please contact us at (314) 230-1500 for any questions or concerns