

Patient Instructions Following Skin Graft

Dr. S. Goekjian, Plastic Surgeon



Your follow up appointment has been booked for:

Date: _____

Location:

- Fracture Clinic (Oakville Hospital main floor)
- Office (2525 Old Bronte Road, Suite 560)

SKIN GRAFTED AREA

- Keep the area that has been skin grafted completely dry for 1 week.
- Apply polysporin to the skin graft twice a day.
- When at home, leave the skin graft open to air or cover it with a piece of gauze or bandage.
- After one week, you may shower and allow soap and water to run over the skin grafted area.
- Continue to apply polysporin to the skin graft twice a day for one more week

SKIN GRAFT DONOR SITE

- Keep the area dry for 24 hours after your procedure.
- After 24 hours, you may shower and let water run over the area. Gently pat the area dry afterwards.
- Leave the Steri-Strips (white tapes) or clear bandage on for 7 days after your procedure.
- If bandages come off before then, apply polysporin to the area twice a day.

SUTURE CARE

- Stitches will dissolve on their own. You do not need to have them removed.

Other Instructions:

- If the surgery was on your arm, leg, face or scalp: Keep elevated at night and when sitting for 3-5 days to minimize swelling.
- Place an old towel on your bedding tonight, as the incision may ooze a small amount of blood. If there is bleeding, elevate the area and apply direct pressure for a full 10 minutes. If it does not stop, then you will need to see a physician.
- You may have been prescribed pain medication, although Extra Strength Tylenol may be sufficient for some people. The local anaesthetic (freezing) will last 4-8 hours and sometimes longer.
- If you notice spreading redness or drainage from the incision, you may have an infection. You should contact the office or see your family physician or attend the emergency room at the Oakville Hospital.
- Scar care: Protect the incision from the sun for at least one year to minimize permanent darkening of the scar. After two weeks, massage the incision for 1-2 minutes twice a day for 8-12 weeks to improve the scar. Any neutral, unscented moisturizer (e.g. Nivea, Vaseline Intensive Care) can be used.



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