

Skin Graft Wound Care Information

POST-OP CARE OF SKIN GRAFT WOUNDS

Graft site dressing

Your graft site dressing consists of two layers:

1. A cotton ball “bolus” that has been surgically tied to hold the graft in place; and
2. A simple dressing covering the entire area

This second dressing can be removed after 48 hours, unless otherwise stated by your doctor or the nursing staff. After that time, wound care can begin.

ENSURE HANDS ARE WASHED THOROUGHLY BEFORE WOUND CARE.

The graft site

Clean the wound morning and night.

Make a sterile salt solution by adding one teaspoon of tablet salt to 1 cup cooled boiled water. Dip cotton buds into the salt solution and bathe around the edge of the cotton ball dressing (where it meets the skin) to remove any old blood or antibiotic ointment. Do not allow a crust of dried blood to form around the ball.

After cleansing the area, apply a thin smear of the antibiotic eye ointment around the edge of the ball where it meets the skin. This will help prevent infection and also serves to keep the wound site moist, which enhances healing.

Leave the wound uncovered when possible.

If a dressing is required, follow the instructions given to you by the nursing staff.

It is important that you do not allow the cotton ball dressing to get wet in the shower, as it cannot be changed for one week.

The donor site

If the skin has been taken from any site where it has been stitched afterwards, bathe the area morning and night as above and apply antibiotic ointment.

If the skin has been taken from the thigh area, please leave the dressing in place until attended to by the nursing staff. You may shower with this dressing in place, but do not submerge in the bath.

Medications

If you have been placed on antibiotics, take as directed by your doctor. If you were advised to stop taking any medications or vitamin therapy prior to surgery, you may recommence these 48 hours after the operation.

For pain relief, we recommend Panadol (Panamax/ Paracetamol) or, if necessary, Panadeine. If taking Panadeine, have something light to eat or a glass of milk before consumption to prevent nausea. Do not use any aspirin or Disprin-based medications (including Ibuprofen or Nurofen) for pain relief within the first 48 hours as these will thin your blood and can make your wound bleed more easily.



For enquiries or concerns, please contact
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