



Unit 2
34 – 42 Cohen Street
Belconnen
2617
Tel: 02 5101 4061

Email: reception@skinmedicsact.com.au

www.skinmedicsact.com.au

AFTERCARE INSTRUCTIONS

Full thickness skin graft

Start the provided antibiotics immediately

LEAVE DRESSING ON UNTIL REVIEW WITH OUR NURSE

Keep the skin graft dressing **100% DRY** until advised otherwise – no plastic film dressings to be used.

If a dressing becomes damp from water, sweat or wound ooze contact our clinic immediately for a review with our nurse.

Minimize movement of the skin graft, even after the sutures are removed. This will give it the best chance of establishing a new blood supply and surviving, exercise such as the gym, long walks, excessive stair usage should not be undertaken until advised that it's safe to do so, this is especially the case for the first week.

Do not wait for the wound to become grossly infected e.g. red and swollen with purulent discharge – if you have any concerns please our nurse for a review straight away, if out of hours attend your local GP

The graft site

The Graft dressing is usually removed at 5 -7 day post procedure by our nurse.

The graft at this stage can often look quite unsightly:

A pink or dusky pink graft is quite healthy and will heal the quickest.

A purple graft has still taken but may take longer to heal and you may get the very top layer of skin sloughing off. This means the graft will take a bit longer to heal but will still heal well.



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A hard black graft (not a dark purple graft) will be slower to heal and will need to slough off and then heal by secondary intention (will heal as a scar).

A graft may have a combination of the above colours.

A pink/purple graft with a raised black area around the edge of the graft should still heal well as will a small black area within the body of the graft.

Once you have been advised that you can get the area wet again you need to be extremely careful with the graft, you will need to change the dressing yourself (this will be a fabric island dressing) immediately after it gets wet and blot the graft with paper towel.

Apply Chlorsig eye ointment (we use this for surgical wounds not just eyes) twice daily to the graft very gently for 7 days and then switch to Vaseline for 4 weeks

Suture removal

The sutures are usually removed at 2 weeks by our nurse.

Pain

It is normal to have a small amount of pain for up to 24 hrs after the operation. Paracetamol should be able to control this normal/expected pain.

If the wound becomes increasingly painful, especially at rest or from the 3rd day after the operation, please contact us immediately as this is often the first sign of infection.

Bleeding

There may be a small amount of bleeding confined to the dressing this is NORMAL. Please do not disturb the dressing.



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If the bleeding is excessive (completely soils or leaks from the dressing) or is persistent, seek medical input from our nurse or another medical professional if our of hours.