



## Skin Graft Care

1. Keep the initial dressing in place for 3 days. Avoid showering or wetting the bandage.  
**Do not** apply an ice pack to the graft site.
  - If the surgical area is on the head or neck, sleep with the head elevated using 2-3 pillows.
  - If the site is on the leg try to keep the leg elevated as much as possible and avoid extended periods of standing. Keep leg wrapped with an ace bandage to help reduce swelling.
  - If bleeding occurs through the bandage, apply clean gauze and pressure to the wound for 20 minutes without peeking.
2. Change the dressing daily after showering. Cleanse the site with water and gentle soap.
  - **Do not scrub the site.** The objective of cleaning is to prevent crust or scab formation. **Gently** pat the graft dry afterward.
3. Apply a heavy layer of Aquaphor Healing Ointment or Vaseline several times daily. Avoid use of antibiotic ointments. Dress wound using Telfa or nonstick bandages cut to the size of the wound. Secure the dressing with paper tape.
4. Take extra strength Tylenol in a scheduled fashion for pain or medications that may have been prescribed by the physician after your procedure.
  - Avoid alcohol, anti-inflammatory medications such as Aspirin, Aleve or Ibuprofen, and herbal supplements for one week after surgery unless otherwise instructed by a physician.
5. Avoid smoking for one week. Avoid bending, lifting or exercising until suture removal.

### During the Healing Process:

- The area may become numb or become mildly itchy. You may also experience periodic discomfort around the wound as part of the healing process.
- The edges of the wound may be pink and tender.
- A low grade fever (99-101°) may develop. Extra strength Tylenol, two tablets every four hours, may be used.
- If the fever lingers for more than a day, if the redness spreads outward from the edges of the wound, if the wound becomes very tender, begins to drain pus, or if you have any questions or concerns please call our office immediately.
- Please remember follow up visits are very important for proper care of your graft.

### For questions:

The office may be reached Monday – Friday, 7am to 4:30pm, at (410) 252-9090.

For an emergency after hours you may call Dr. Syed at (410) 375-1807.