

Skin Graft CareMap*

How to prepare and what to expect after your surgery

* For soft tissue reconstruction with split thickness skin graft (STSG) or with full thickness skin graft (FTSG)

Before Surgery	Day of Surgery	Until 1st Follow-up Visit	After 1st Follow-up Visit	4 Weeks After Surgery
<p><input type="checkbox"/> Visit with surgeon or plastic surgery physician assistant (PA) or advanced registered nurse practitioner (ARNP).</p> <p><input type="checkbox"/> Stop taking all supplements and NSAIDs* 7 days before surgery.</p> <p><input type="checkbox"/> If you take blood thinners, stop taking them as instructed.</p> <p>Day Before Surgery</p> <p><input type="checkbox"/> A scheduler from the operating room (OR) will call you the day before surgery and tell you what time to arrive.</p> <p><input type="checkbox"/> Wash with soap the night before surgery.</p> <p>* NSAIDs are <i>non-steroidal anti-inflammatory drugs</i> such as aspirin, ibuprofen, and naproxen.</p>	<p>At Home</p> <p><input type="checkbox"/> Wash with soap the morning of surgery.</p> <p>After Surgery</p> <p><input type="checkbox"/> You will likely be in recovery for 1 to 2 hours. After that, you will either go home or to a care unit in the hospital, as needed.</p> <p>Dressings</p> <p><input type="checkbox"/> You will leave the OR with a dressing (<i>bolster</i>) to protect your graft. This dressing will be either a piece of foam (sewn or stapled in place), or a wound vac device.</p> <p><input type="checkbox"/> If the graft is on your:</p> <ul style="list-style-type: none"> - Arm or leg, you may also have a splint. - Leg, we may advise you to use crutches to avoid putting weight on that leg. <p><input type="checkbox"/> You will also have a dressing where graft was taken from (donor site).</p>	<p>Self-care</p> <p><input type="checkbox"/> Do NOT put any pressure on your skin graft.</p> <p><input type="checkbox"/> If the graft is on your leg, no weight bearing on that leg.</p> <p><input type="checkbox"/> If graft is on your head, avoid bending over below waist level.</p> <p><input type="checkbox"/> When resting, keep affected area raised.</p> <p><input type="checkbox"/> You may shower 48 hours after surgery, but keep graft and donor sites dry</p> <p>Dressings</p> <p><input type="checkbox"/> Leave graft dressing in place until it is removed at your 1st clinic visit.</p> <p><input type="checkbox"/> If you had a splint, it will be removed at your 1st clinic visit.</p> <p>For the donor site:</p> <p><input type="checkbox"/> Leave the dressing in place.</p> <p><input type="checkbox"/> As it peels away, trim the edges with scissors.</p> <p><input type="checkbox"/> When the donor site skin is healed, it will be dry and shiny pink.</p> <p><input type="checkbox"/> If there is drainage, reinforce the dressing – do NOT remove and replace dressing.</p> <p>1st Clinic Visit</p> <p>You will have your 1st follow-up clinic visit with a plastic surgery PA, ARNP, or your surgeon 5 to 8 days after surgery. At this visit, we plan to:</p> <p><input type="checkbox"/> Remove your graft dressing.</p> <p><input type="checkbox"/> Teach you about graft care.</p>	<p>Self-care</p> <p><input type="checkbox"/> If the graft is on your:</p> <ul style="list-style-type: none"> - Foot or leg, start <i>dangle protocol</i> when your team says it is OK. - Leg, no weight bearing on that leg until your surgeon says it is OK. <p><input type="checkbox"/> When you shower:</p> <ul style="list-style-type: none"> - Let soapy water run gently over graft site. Do NOT let water hit the site directly. - Do NOT scrub the site. - Gently pat dry. <p>Dressings</p> <p>You will need to buy dressing supplies for the graft site. You can get these at a medical supply store or online. Most items are on <i>amazon.com</i>. If you buy online, you may ask your insurance provider if they will reimburse you.</p> <p><input type="checkbox"/> Change yellow gauze dressing (Xeroform) once a day.</p> <p><input type="checkbox"/> Cover the site with gauze pads or gauze wrap as needed for padding and protection.</p> <p><input type="checkbox"/> Between dressing changes, it is OK to dab the area clean with saline-moist gauze.</p> <p>Follow Up</p> <p><input type="checkbox"/> You may send photos of graft site to your team through eCare 12 to 14 days after surgery. Your team will tell you if dressings are still needed.</p> <p><input type="checkbox"/> Call the clinic if you have drainage that smells bad, increased drainage, major color changes, increased pain, fever, chills, or other concerns.</p>	<p>Self-care</p> <p><input type="checkbox"/> It is OK to get water on graft site when you shower.</p> <p><input type="checkbox"/> Gently pat the area dry after showering</p> <p><input type="checkbox"/> If your team says it is OK:</p> <ul style="list-style-type: none"> - Return to all normal activities. - Start physical therapy, if needed. <p><input type="checkbox"/> It is OK to apply moisturizer to graft site.</p> <p><input type="checkbox"/> Always apply sunscreen to graft site, or protect it with clothing when you go outside.</p> <p><input type="checkbox"/> Use a protective wrap or clothing over the graft site during activities, as needed.</p> <p>2nd Clinic Visit</p> <p><input type="checkbox"/> You will have a 2nd follow-up visit with your surgeon 1 to 2 months after surgery.</p>