

Instructions for Skin Graft

PRE-OPERATIVE INSTRUCTIONS

- Aspirin - Do not take Aspirin or Aspirin containing compounds for two weeks before or after surgery. Aspirin may cause increased bleeding and bruising. You may take Tylenol.
- Smoking - No smoking for 3 months before and 3 months after surgery. Smoking will result in poor wound healing.
- Medications - Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure diabetes, seizures, etc...), please be sure to discuss with the doctor what should be taken the day of surgery.
- Illness - If you develop any symptoms of a cold, cough or infection, call our office for advice.
- Fasting - Do not eat or drink anything after midnight the day before surgery.

DAY OF SURGERY

- Do not take jewelry or valuables to the surgery center.
- Wear loose comfortable clothing.
- Someone must drive you home. Also, a responsible adult needs to stay with you the first night home.

POST OPERATIVE INSTRUCTIONS

1. Rest at home for the first 24 hours after surgery.
2. The donor site (where the skin graft was taken from) will be covered with a plastic dressing. You will see some red drainage from this area. This may collect under the plastic. Do not remove the plastic dressing. You will have less discomfort from this area with the plastic dressing in place. This is kept in place for 2-3 weeks. New skin will grow in this area.
3. Keep the dressings on the grafted area dry. Keep the affected area, foot or arm, elevated as much as possible. This will help reduce swelling and minimize discomfort.
4. The dressing will be changed in the office. The graft will need to be kept dry for 2 or more weeks. As the skin graft heals (takes) any skin staples or sutures will be removed. You may have a sutured dressing in place (a tie-over dressing). This is usually removed after 1 week. Once the graft has healed you will be able to get the area wet.
5. We will see you at least weekly until the graft has healed.
6. Take your antibiotics until they are finished. Use your pain medication as ordered for discomfort.
7. When the donor site is completely healed you should apply cocoa butter or vitamin E lotion to the new skin. The redness will fade in time. When the graft is completely healed you may use lotion on the graft as well. Do not do this until Dr. Stratis says you may apply lotions.

THINGS TO REPORT TO THE OFFICE

1. Severe pain unrelieved by medication.

2. Temperature of 100 degrees or greater.
3. Nausea and vomiting.

Should any of these conditions exist or should you have concerns about your surgery please call the office at 717-728-1700 or Dr. Stratis cell 717-574-2116.