

POST-PROCEDURE CARE - Skin Grafts

Graft site - _____: Leave the bandage in place, clean, and dry. We will remove it at your next visit. It is *very important* that this bandage stays intact. You can reinforce it if needed, or we will do it for you at our office if it loosens.

- Donor site - _____: Keep bandage dry and in place for 48 hours.
- At this time, remove the white bandage and tape.
- Wash directly over the Steri-Strips with clean hands, mild soap and water. DO NOT use a washcloth. Pat dry.
- You do not need to cover the Steri-Strips, they act as a bandage.
- As the Steri-Strips fall off, continue to wash the incision as instructed. If there is dried blood or crusting, using a Q-tip, go over the incision with hydrogen peroxide. Pat dry. If there is no crusting, you do not need to use hydrogen peroxide.
- Apply a generous layer of Vaseline over the incision rubbed in a circular motion with your fingers.
- Wash the area once a day, but apply Vaseline 2-3 times daily.
- Our goal is to keep the area clean, free of crusting, and moist at all times.

Activity

- No lifting over 10 pounds, strenuous sports, exercising, physical therapy, or bending at the waist for 1 week.
- For areas on the face, head, or neck, chew softer food for 24–48 hours.

Bleeding

- A small amount of bleeding on the bandage is normal.
- If blood soaks through the bandage, apply firm direct pressure with fingers directly over the bandage for 20 min.
- DO NOT use ice to apply pressure.

Tips

- Rest and minimize activity!
- You WILL have swelling and bruising around the incision and surrounding areas.
- Apply an ice pack (wrapped in a lightweight towel) over the wound for 20 min at a time as often as you'd like.
- Take Tylenol and/or Ibuprofen as needed for pain.
- Your suture line is always much longer than you anticipate.
- Your incision will look red, lumpy, bumpy, and swollen for several weeks.
- Perform your wound care as instructed, including on the day of your follow-up appointment.

When to call our office

- ✓ If bleeding does not stop after 20 min of firm pressure.
- ✓ If Tylenol and Ibuprofen does not relieve your pain.
- ✓ If your wound was initially doing well but becomes increasingly painful, warm to touch, drains fluid, or bleeds.
- ✓ With any questions or concerns!

If calling our office with non-urgent questions, your call may be returned after 2PM.

For emergency after-hour issues, call the same number and the on-call physician will return your call.

For non-urgent inquiries, you may text or email concerns and photos to (585) 449-4146 and info@rochesterdermsurgery.com.

Please include your full name, date of birth, and question or concern when sending your inquiry.