



THE DERMATOLOGY CLINIC

Skin Graft Wound Care

- No strenuous activity for 48 hours. Resume moderate activity in 48 hours. No heavy exercising until you are seen for follow up in one week
- If you require medication to control pain, you may take extra strength Tylenol.
- Do not drink alcoholic beverages for 48 hours.
- No dietary restrictions.
- Leave the bandage in place until you come in for follow up in one week. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape. (Refer to the reverse side of this page for management of bleeding).
- Keep the bandages dry. Wash around it carefully.
- Do not smoke for 3 weeks; smoking is detrimental to wound healing and may cause the graft to die.
- Avoid prolonged exposure to extremely cold temperatures for 3 weeks.
- It is normal to have swelling and bruising around the surgical site. The bruising will fade in approximately 10-14 days. Elevate the area to reduce swelling.
- Numbness, itchiness, and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

In case of emergency phone: (862) 209-0873

■ 241 Monmouth Road, Suite 101 • West Long Branch, NJ 07764

■ 901 W. Main Street, Suite 201 • Freehold, NJ 07728

Phone: 732-528-0200 • Fax: 888-218-8335



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POSSIBLE COMPLICATIONS

BLEEDING:

1. Use tightly rolled up gauze or cloth to apply direct pressure over the bandage for 20 minutes.
2. Reapply pressure for an additional 20 minutes if necessary
3. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
4. Use additional gauze and tape to maintain pressure once the bleeding has stopped.
5. Begin wound care 24 hours after surgery as directed.

PAIN:

1. Post operative pain should slowly get better, beginning the evening after surgery.
2. A sudden or severe increase in pain may indicate a problem. Call the office if this occurs.