



Advanced[®] Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

www.advaderm.com

Board Certified Dermatologists

General Dermatology

Gregory G. Papadeas, D.O.
James T. Chapman, M.D.
Steven A. Brenman, D.O.
Jamie G. Surovik, M.D.
Jennifer A. Ray, M.D.
Ryan G. Gamble, M.D.
Dawnielle C. Endly, D.O.
Ryan O'Leary, M.D.
Powell Perng, M.D.
Anne H. Hanson, D.O.
Roger I. Ceilley, M.D.

Mohs Micrographic Surgery

Darlene Johnson Skow, M.D.
Misha D. Miller, M.D.
Jamison E. Strahan, M.D.

Dermatopathology

Sean Amsbaugh, M.D.

Pediatric Dermatology



Medical Center of Aurora

1390 South Potomac Street
Suite 124

Aurora, CO 80012
303-368-8611
303-368-9791 fax

Centennial

12645 East Euclid Drive
Centennial, CO 80111

303-493-1910
303-493-1915 fax

Evergreen Medical Center

30960 Stagecoach Blvd., Suite W140

Evergreen, CO 80439
303-670-7065
303-674-6055 fax

Summit County

710 Summit Blvd., Suite 102
PO Box 4005

Frisco, CO 80443
970-668-9650
970-668-9654 fax

Castle Rock

2352 Meadows Blvd., Suite 225
Castle Rock, CO 80109
303-493-1910

WOUND CARE INSTRUCTIONS FOR SKIN GRAFTS

FOR THE FIRST WEEK KEEP THE GRAFT BANDAGE ON AND DRY

FOR PAIN CONTROL:

Ice: ONLY TO THE DONOR SITE- NOT TO THE GRAFT. Apply ice (or frozen vegetables) wrapped in a thin dishtowel over the bandage for no more than 20 minutes at a time. This will help decrease pain and swelling.

Acetaminophen: Extra Strength (500 mg) 1 to 2 tablets every 6 hours as needed.

- Do not exceed 3,000 mg of acetaminophen in a 24-hour period.

Ibuprofen: 600 mg every 6-8 hours

- Do not take more than 2400 mg of ibuprofen in a 24-hour period. This means you should not exceed 4 doses of (600 mg) of ibuprofen in 24 hours.
- Remember to eat a small meal when you take the antibiotic or pain medicine to prevent having an upset stomach.

Alternating Acetaminophen and Ibuprofen: has been shown to provide very effective and strong pain relief. Take acetaminophen (1 to 2 tablets), then 3 hours later take ibuprofen (600 mg), then repeat for 24 hours as needed for pain.

IN CASE OF ACTIVE BLEEDING:

Bright, red bleeding that is non-stop from the site is not expected but may occur.

If bleeding occurs and bandage is not soaked:

- Do not remove the bandage.
- Apply firm, direct pressure over the bandage for 20 minutes (no peeking).
- If it is still bleeding, please contact the clinic.

If bleeding occurs and the bandage is soaked:

- Remove the bandage and hold pressure as above.
- If bleeding continues after 40 minutes of pressure, contact our office right away.

Once the bleeding has stopped:

- Wash area with mild soap (Baby shampoo, Dove, Cetaphil) and water using clean gauze or Q-tips. Gently remove any dried blood or excess crusting.
- Rinse well using tap water.
- Pat dry.
- Apply a thin layer of Vaseline or Aquaphor to site using a clean Q-tip.
- Cover site with Telfa pad (non-adherent pad), gauze, and tape.

ACTIVITY RESTRICTIONS:

- Please rest for the first 48 hours after your surgical procedure.
- Avoid any activity that will increase your heart rate or put tension on the wound for the first 2 weeks after your surgery (exercising, golf, heavy lifting etc).
- Avoid bending over or heavy lifting (> 15 pounds).
- Avoid aspirin, alcohol, and smoking.

TO THE GRAFT SITE: _____

FIRST WEEK: (until your next apt in 5 – 7 days)

- Keep the area dry and do not change the bandage.
- You may go home with a bolster in place. This is a piece of material placed on top of the graft used to secure the graft. Do not remove the bolster. Upon your return visit, the Medical Assistant will remove your bolster.
- Add more tape to keep the bandage secure, with no air getting under it.
- Keep the area warm (as close to body temperature as possible).
- Do not do any activities to increase your heart rate or blood pressure.
- Take any prescriptions if you have been given any.

WHEN APPROVED BY THE DOCTOR (approximately 2nd week):

- Clean and rebandage the area daily, as described below for the donor site.
- You may get the graft wet in the shower, but do not let the water hit it directly.
- You will clean and rebandage the graft daily until it looks like the skin next to it.
- It is EXTREMELY important to not let the graft dry out, or it will still die.

ONLY TO THE DONOR SITE (NOT THE GRAFT) After the First 48 hours: _____

- Remove the bandage. To decrease pulling on the skin, you may do this in the shower, after getting the bandage wet.
- Wash area with mild soap (Baby shampoo, Dove, Cetaphil). Gently remove any dried blood or excess crusting. If the crusting does not come off easily, do not force it to be removed.
- Rinse well using tap water and pat dry.
- Apply a thin layer of Vaseline/Aquaphor to site using a clean Q-tip.
- Cover site with Telfa pad (non-adherent pad) and tape, or dot Band-Aid. It is important to tape all aspects securely down to not let air get under and dry the area out.
- Continue with these wound care instructions daily until the area has fully healed over.

OTHER INSTRUCTIONS DURING THE POSTOPERATIVE PERIOD:

- Things that kill a skin graft are: drying it out, getting it cold, making it bleed and infection. Plan accordingly to add tape to keep it sealed up, keep it warm, decrease activity and take any antibiotics if prescribed.

WHAT TO EXPECT:

- It is always our hope that the skin graft will attach completely. However, if part of the graft dies you will continue to clean and bandage daily while the skin heals into the area naturally. It continues to be important to not let the area dry out or scab, as more of the graft will die if that happens.

If you have any questions or concerns, please call our office 24 hours a day at 303-368-8611.