

# SKIN GRAFTS

## Next appointment:

1. For dressing:                      Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_
2. For suture removal:              Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

## PLEASE READ THESE INSTRUCTIONS BEFORE COMMENCING WOUND CARE.

This dressing needs to be kept dry until you return to the centre for a dressing change appointment. Do not remove the dressing yourself.

- It is very important to keep the dressing dry. If the dressing gets wet or needs changing for any reason, please contact us as soon as possible.
- If you have a bandage applied, leave this on for 24 hours, unless otherwise instructed. After this period, the bandage but not the dressing may be removed.

**IMPORTANT** – Please remember to NEVER leave a wet dressing on a wound. If the initial surface dressing does become wet, it must be changed. Dry dressings minimise the risk of infection.

## Pain relief

- Take Panadol or Panadeine for pain relief.
- DO NOT take Aspirin or anti-inflammatories (such as Nurofen or Advil) as they can increase bleeding.

## Rest

- Go home and rest.
- If the wound is on your face, do not bend over but rather squat down to reduce the risk of bleeding. It is also important to avoid lifting anything heavy.
- Elevate your head on two to three pillows for 48 hours to reduce swelling and minimise bleeding.
- If the wound is on your arm, keep the area elevated on a pillow for 48 hours.
- If the wound is on your leg, keep the area elevated when sitting down.
- Limitation of activity will be necessary until the graft is healed, which may take three to four weeks.