

**NADIA P. BLANCHET, M.D.**

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**INSTRUCTIONS TO FOLLOW AFTER A SKIN GRAFT**

- While the bolster (yellow dressing with blue or black ties) is in place, the patient should not shower above the dressing and the bolster should not get wet. Once the bolster comes off, you may shower and the graft can get wet, although the water should not pour onto the graft with high pressure for 14 days after the surgery.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- After I remove the yellow bolster, wound care for the first 5 days will consist of antibiotic ointment (polysporin or bacitracin only). This can be followed by a non-stick dressing such as Telfa, Xeroform or Adaptic, and a dry, sterile dressing if there is room to place it. For example, on the nose or ear, there may not be any room for a dressing. After 5 days, please substitute Aquaphor for antibiotic ointment.
- A skin graft always heals slowly, so the appearance of the graft is going to change week to week. For the first 2-4 weeks, the patient will have a lot of peeling of the skin and perhaps some drainage. At the end of the first month, you probably won't be any more drainage or peeling, but the color may not be uniform. This is especially true in people with darker skin. The color your graft will return to normal over a period of time up to six months.
- The graft does change week by week. Please alert me for a lot of redness around the graft site or a dramatic increase of drainage. Otherwise, a little redness around the graft, a small amount of drainage, peeling of the skin, and even some dark scabs on the graft itself are all within the normal range of healing.
- If the donor site (where the skin came from) is on your abdomen, then you do not need to do any specific wound care. You can keep a dry dressing over the steri strips, WHICH SHOULD NOT BE MOVED, if you prefer.

- If your donor site is behind your ear, you may clean this 2 or 3 times daily with ½ strength peroxide and otherwise leave it alone.
- If the donor site is from your thigh, then leave this dressing alone until I do your first dressing change. After that you will be applying, bacitracin or polysporin, Xeroform and a dry dressing every other day leaving the plastic innermost dressing (Biobrane) alone.
- Please do not apply any creams or lotions to incisions until cleared by the doctor.

**PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911**

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**PATIENT SIGNATURE**

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**DATE            TIME**

