

Split Skin Grafts

Post Op Instructions



Rest

- ✓ Go home and rest if the surgery was on your arm or leg. Elevate the area operated on using pillows for the first week (to reduce swelling.)
- ✓ If the surgery was on your face, avoid hot drinks for the 1st day and do not bend over for the first few days but rather squat if you need to reach down.
- ✓ Exertion and bending down will increase swelling and produce haematomas in facial wounds.

Bleeding

- ✓ If your wound bleeds, simply apply firm, continuous pressure for 15-20 minutes.
- ✓ If the wound is on a limb, apply a firm bandage over the top of your dressing.
- ✓ All bleeding will stop with elevation and pressure.
- ✓ If you have continued problems eg. Continued bleeding or swelling on one side of your face, contact me on the numbers below.

Donor Site

- ✓ This is the area that the skin was taken from. Keep this dressing intact and dry.
- ✓ The outer layer of padding will be removed at your post-operative appointment-usually one week following surgery.
- ✓ The inner layer of dressing is to be left on. This can be wet in the shower after the first week.
- ✓ Trim the edges of the dressing until it falls off over time.
- ✓ Once the inner dressing has fallen off, moisturise 2-3 times per day
- ✓ Most sites are quite red / pink in colour to begin with, but will fade to the colour that you scar.

Graft Site

- ✓ This is the area where the new skin has been laid.
- ✓ Leave this area intact and dry until approximately one week post-operation when you see the nurse.
- ✓ The wound will be re-dressed and further wound care advice will be given.

Both wounds may ooze through the initial dressings and need to have some extra padding applied over the top of the original dressing.

Pain Relief

- ✓ Take paracetamol or paracetamol with codeine for pain.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
 - Increased pain, temperature and flu-like symptoms
 - Widespread redness
 - Offensive discharge coming from the wound.

Exercise

- ✓ Keep exertion to a minimum or a gentle walk for the first 2 weeks gradually increasing over the next 3-6 weeks.

Please contact my rooms on 3852 6800 at any time during office hours if you have any concerns. In the uncommon event that you cannot contact Dr. Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.