

HOW TO CARE FOR A FULL THICKNESS SKIN GRAFT

You will have two wounds, the **graft site** and the **donor site**.

DONOR SITE

If you have a full thickness graft to your nose, ear or scalp - the donor site is usually from your cheek or neck. A full thickness segment of skin will be taken and the area closed with sutures. This area will be covered with a dressing that should stay on for a week and it will be removed at your post-operative appointment with our nurse.

Try to leave this dressing on and keep it dry. If the dressing begins to lift off, try to secure it with extra tape. There may be some bleeding into the tape. This is ok. If you have excessive bleeding, that does not stop - apply pressure to the wound and contact our rooms for advice.

If your donor site is from your cheek, there will be sutures that get removed at your post-operative appointment at one week. Scar management will be discussed at your appointment.

If your graft is from your neck, you will most likely have dissolving sutures. This will be reviewed at your appointment.

GRAFT SITE

The graft site will be covered with a dressing that needs to stay on for a week. This dressing helps keep the graft clean and applies pressure to the graft as the new skin settles into the area. You will need to sleep sitting upright or with your head elevated. Try not to bend over or lean forward causing blood to rush to the grafted area.

HOW TO CARE FOR MY GRAFT

Your graft will be assessed by our nurse at your post-operative appointment, one week after surgery. After this appointment you are usually able to shower and get your graft wet.

You will need to apply Paw Paw ointment to the graft twice a day until it has settled in and fully healed. Depending on where your graft is located there may not be any need to continue to cover the graft. This will be discussed with you at your appointment.

You need to protect your graft from sun exposure to ensure the best possible outcome for your scar.

If you have any concerns with how your graft is healing you can email a photo for review through to our nurse at: nurse@aspireplasticsurgery.com.au