

**James R. DeBloom, M.D.**  
**South Carolina Skin Cancer Center**

Bandage may be  
removed tomorrow  
at \_\_\_\_\_

Date: \_\_\_\_\_

**Skin Graft Wound Care**

- **No strenuous activity for 48 hours.** Resume moderate activity in 48 hours. No heavy exercise until you are seen for your follow up in one week.
- No heavy lifting or bending over for the next 24 hours.
- Take 2 tablets of Acetaminophen (**Extra Strength Tylenol 500mg**) every 4 hours for pain. If pain does not improve after 2 hours, take 2 tablets of Ibuprofen (Advil 200mg) every 4 hours in addition to the Acetaminophen.
- For the first night, keep your head elevated while sleeping or resting. We recommend 1-2 extra pillows or sleeping in a recliner. This will help with swelling and bruising. It is normal to have swelling and bruising around the surgical site. Bruising should fade in 10-14 days.
- No alcoholic beverages for 48 hours.
- Remove the white pressure dressing after 24 hours. May remove \_\_\_\_\_.
- Leave the flat, brown dressing in place until you come in for follow up in one week. If the dressing becomes blood tinged or loose, reinforce with gauze and tape or a band-aid.
- **If for some reason your bandage falls off your graft site, immediately cover with Aquaphor/Vaseline and Band-Aid and please call our office.**
- Keep the bandage **DRY**. Wash around it carefully.
- If the tape becomes soiled or starts to come off, reinforce with additional paper tape or Band-Aids.
- Do not smoke for 3 weeks; smoking is detrimental to wound healing and may cause the graft to die.
- Avoid prolonged exposure to extremely cold temperatures for 3 weeks.
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

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**BLEEDING:**

1. Elevate area above the level of your heart and apply direct pressure with tightly rolled up cloth (wash cloth, towel, shirt, etc.) over the bandage for **20-30 minutes**.
2. If bleeding continues, fill a Ziploc bag half full of ice. Put ice over the area and allow ice to fall away from the surgical bandage (so that the ice is in contact with the surrounding non-banded skin). Apply firm pressure with a tightly rolled cloth over the ice and on surgical bandage for another **20-30 minutes**.
3. If bleeding continues after following steps 1 and 2, call our office.
4. If you are unable to reach the office or if you feel faint or have chest pain, go to the nearest emergency room.

**PAIN:**

- Post operative pain typically peaks 4 hours after you leave the office but should get better after this initial peak.
- A sudden or severe increase in pain may indicate a problem. Call the office if this occurs.

**IN CASE OF EMERGENCY:**

**(864) 288-1154 – SCSCC Office**

**James R. DeBloom, M.D.**

**Office Hours 8:00am-4:00pm, Monday-Friday**

**[info@thescc.com](mailto:info@thescc.com)- Office Email**

For more information about wound care, watch our video:

“Skin Graft Wound Care”

at

[www.youtube.com/user/JamesDeBloomMD](http://www.youtube.com/user/JamesDeBloomMD)