

# SKIN GRAFT SURGERY



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## How should I prepare for surgery?

Complete all pre-testing and lab work 3 weeks prior to your surgery.

Fill your prescriptions prior to your surgery. These will be taken after the procedure, unless otherwise ordered. Some maybe called into your pharmacy.

Pain medication is prescribed to alleviate your discomfort.

Antibiotics will be prescribed. Please alert the physician of any allergies to medications.

You may want to begin taking yogurt with active cultures daily following surgery

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM or Advil PM may be used.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts are preferable to pulling them over your head.

Shower and wash well prior to surgery.

## What should I expect the day of surgery?

The surgery may be performed under general anesthesia. You will have an IV placed prior to surgery.

It is best for you to rest and take it easy the first night.

Only a light meal is suggested after surgery to avoid stomach upset.

Swelling and bruising are normal reactions to the healing process. Alert nursing immediately if you have concerns.

## What Should I Expect The Following Day After Surgery?

You may feel as though you have more energy as the anesthesia wears off.

Please keep the skin graft site dry. You may have to place a bag over it while showering or sponge bath. At your first office visit, the doctor will remove the skin graft site dressing. She will let you know if you can shower at that time.

You may only lift items that are 2-3 pounds or less, such as a small purse. You will be asked to refrain from lifting beyond this limit for at least one month.

## POST-OPERATIVE INSTRUCTIONS

1. Take antibiotics as prescribed and pain medications as needed.
2. May need to reinforce donor site dressing after surgery if drains.
3. May remove clear dressing from donor site after 2-3 days and allow to dry (if itchy use benadryl or bacitracin ointment).
4. If the Skin Graft is on any part of the feet or legs you may walk without putting pressure on graft site.
5. Keep Skin Graft site dry. Keep all areas clean.
6. Call office if the area is more red, painful or there is drainage from the Skin Graft.