

3829 Gaskins Rd., Richmond VA 23233
Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
Office 804-538-1033 • Fax 866.274.0799

mohscentermd.com

SKIN GRAFTS: ONE WEEK

- At the time of dressing change, the graft may vary in color from deep purple to reddish pink. Swelling is normal and will resolve in time.

Instructions for Showering:

- Today and for 1 week

Before showering:

1. **Apply** Vaseline generously to the graft
 2. Let water trickle down onto the graft covered in Vaseline in shower
 3. **DO NOT** allow water from the showerhead to directly come into contact with the graft
 4. **DO NOT** scrub or vigorously wash the graft site
 5. Once you are out of the shower, use a Q-Tip or clean fingers to cover the graft with more Vaseline
 6. Cover with a non-stick (Telfa) pad and secure with paper tape
 7. Change this bandage daily.
- After 7 days (2 weeks post surgery) through the end of 1 month
 1. You may now get the graft wet in the shower without applying Vaseline.
 2. **DO NOT** scrub or vigorously wash the graft- It remains fragile for at least 14 to 21 days.
 3. **Continue** applying Vaseline and bandage after showering

Massaging of Scar Tissue/Healing Expectations

- You will start to massage the area 6-8 weeks after your surgery date.
- Massaging the graft site will help the healing process by softening the scar tissue and fade the scar.
- To massage, apply pressure directly and firmly over the scar with the fingertips and move in a circular motion
 - tenderness at the site is expected, pain is not.
- Moisturizers like Vaseline or CeraVe Lotion can be used during massaging but are not necessary.
- Massage the area 10 times a day for 30 seconds.
- Numbness in the surgical area is expected. It may take up to one year for the feeling to return to normal.

- During this time sensations of itchiness, tingling and occasional sharp pains may be noted. These feelings are normal and will subside once the nerves have completely healed.

Possible Complications/ When to Call

Signs/symptoms of infection:

- | | | |
|------------------------|--|-----------------------------|
| • Redness | • Fever | • Chills |
| • Swelling | • Red streaking
around surgical
site | • Increased pain |
| • Warm to the
touch | | • Foul smelling
drainage |