



Set date: 2013.05.01
Review date: 2024.01.30
Revised date: 2016.09.21

Health education Number: PS-108

Care Before and After Skin Grafting

In case of skin defect for which the wound cannot heal by itself and skin grafting is considered necessary according to the doctor, you should do the following:

I. The day before skin grafting is performed

- i. Fill the operation and anesthesia consent .
- ii. Wash clean your whole body, and wash the part from which the skin is to be grafted with soap or disinfectant. If necessary, the hair on the part from which skin is to be grafted will be removed first.
- iii. Do not eat or drink after midnight (except local anesthesia, you can eat according to the instruction of the doctor).
- iv. Regularly practice deep breathing and coughing taught by the nurse to prevent pulmonary complications after the operation.

II. The day on which skin grafting is performed

- i. Do not eat or drink (except local anesthesia).
- ii. Take off any jewelry, dentures, artificial eyes, nail polish, etc.
- iii. Take off your underwear and put on the operating gown only to wait for the notification from the operating room.
- iv. An intravenous drip may be administered if necessary.
- v. Please go to the restroom first when staff members from the operating room come to pick you up.

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All information above has been reviewed by Plasty specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

III. After skin grafting

- i. An IV catheter (drip) and urethral catheter may have to be used after the operation, so make sure they are fixed well and unobstructed.
- ii. If you feel pain or discomfort please notify the medical staff at all times.
- iii. Please elevate the operated limb with pillows according to the instruction of the doctor to prevent grafted skin from being pressed.
- iv. As the part on which skin has been grafted may be secured using plaster, limit your movements and do not remove the plaster arbitrarily.
- v. If the skin is grafted to a lower limb, please stay in bed until the approval from the doctor.
- vi. If the skin is grafted to the hip, you must use the prone position and be very careful when change the position,
- vii. Please breathe deeply and cough as medical staff taught, and use steam inhalation to help productive cough when necessary.
- viii. Nutrition advice : eat more high calorie and high protein food like fish, meat and eggs. Diabetic patients should consult the nutritionist.
- ix. Smoking and drinking are absolutely prohibited (including passive smoking).
- x. The donor grafted wound will heal after one week but still has to be dressed with elastic gauze or plaster. Besides, you should limit your activity for 2 to 3 weeks to ensure the healing of donor grafted wound.
- xi. For patients with chronic disease or elderly, the donor wound heals slowly therefore the wound should be change dressing for a longer time.
- xii. After the wound healed, the skin is relatively dry and you can use baby oil or Vaseline.
- xiii. The substitute dressing on the donor grafted wound will fall off by itself after healing; do not tear it off to avoid skin damage.
- xiv. In case of abnormal swelling, pain or bleeding in the donor grafted, please immediately notify the medical staff.
- xv. Consult the medical staff at any time if you have any problem.

Let's take the quiz to make sure you understand

1. Practice deep breathing and coughing before skin grafting surgery to prevent postoperative lung damage Comorbidities.

Yes No Don't know

2. Before skin grafting surgery, the surgery, anesthesia consent form, electrocardiogram, chest Department X-rays, blood draws and related consultations, etc.

Yes No Don't know

3. There is no need to remove dentures, contact lenses and nail polish on the day of surgery.

Yes No Don't know

4. After the wound in the skin grafting area has healed, baby oil can be used to apply if the skin is dry.

Yes No Don't know

5. When removing the dressing covering the skin area, do not forcefully tear it off by yourself to avoid Causes skin damage and delays wound healing.

Yes No Don't know