

Patient information

Care of Your Skin Graft

Hand Therapy - Therapies Department

- If you have a dressing on your skin graft, keep it dry and leave it intact until your next appointment at clinic or physiotherapy.
- It is very important to control the swelling in your hand; your therapist will advise you how to do this if necessary.
- The top layer of skin on your graft may peel off - this is quite normal.
- Once advised to do so; if your graft is completely healed, wash gently with unperfumed or mild soap and pat dry. Massage unperfumed moisturiser into the graft applying a little cream, gently rubbing in using a circular motion.
- New grafts are very fragile and massage should be performed for short periods only, at the advice of your therapist. Discontinue if you have any concerns about the condition of the graft or if increased redness occurs, until you have discussed this with your hand therapist.
- Thorough attention to personal hygiene is essential.
- Silicon gel products may be used to help prevent shrinkage of the graft.
- Dark hairs may grow in your graft, but will disappear with normal use of the hand.
- Keep your skin graft out of the sun and do not expose to extreme cold or heat. For the next two summers, use total sun block every one to two hours even when fully healed. The graft site is delicate and will burn easily.
- **You should not drive until your therapist advises you it is safe to do so (The friction may cause breakdown of the graft).**
- Exercises will be given to you by your therapist and should be continued for at least 18 months to prevent Stiffening and shrinking of your graft or loss of finger movements.
- Massage and splintage should also be continued for at least 18 months.
- If you feel your graft has deteriorated, become more painful, swollen, starts to bleed or ooze, or you are concerned in anyway, immediately contact the therapy department (8.00am - 5.00pm). If the department is closed please attend the Emergency Department (A&E).

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Hand Therapy Unit
Royal Liverpool Hospital site
Tel: 0151 706 2760
Text phone number: 18001 0151 706 2760

Broadgreen Hospital site
Tel: 0151 282 6276
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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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