

Patient information

Care of Your Skin Graft

Therapies

- 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.
- Silicone 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 splinting should also be continued for at least 18 months.
- If at any time you are concerned with your graft healing or that your wound may be infected (if there is increased pain, redness, temperature change or swelling) please go to the Emergency Department (A&E) at the Royal Liverpool University Hospital or Aintree University Hospital.

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

Royal Liverpool University Hospital and Broadgreen Hospital

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Aintree University Hospital

Tel: 0151 529 3335

Text phone number: 18001 0151 529 3335

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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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در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوهنیدار بهو نهخوشانهی له لایهن تراستهوه پهسهند کراون، نهگهر داوا بکریت له فورماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیللی موون و نهلیکترونیکی ههیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.