

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223



216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

# Department of Plastic and Reconstructive Surgery Ward L5

## Patient Information

# Split skin graft discharge information

### Document history

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You will be discharged from hospital approximately five to seven days after your operation, dependant on the procedure performed. It may be possible to be discharged earlier.

Your wound dressings will stay in place when you go home. You will either be asked to see your practice nurse at your GP surgery or attend the outpatient dressing's clinic for dressing changes. Your discharging nurse will discuss the arrangements with you. If you are asked to attend your GP surgery to have your dressings changed, your discharging nurse will supply you with dressings. Dressings will need changing as required i.e. when soiled.

The donor site dressing will remain in place for 10 to 14 days. The outpatients dressing's clinic or your practice nurse will remove the dressing and assess the donor site. Once the donor site is healed we will discuss with you the application of aqueous/E45 cream and massage of the donor site to promote further healing.

Showering and bathing should be discussed with your consultant.

You may have been visited by a physiotherapist during your stay in hospital who would have provided advice on mobilisation. You are advised to continue limb elevation when you are resting.

An appointment will be sent to you in the post asking you to attend the outpatient department to see your consultant or a member of his team.

Depending on your type of work it may be recommended that you plan approximately four to six weeks off work. The ward can issue you with a sick certificate upon your request or you can get one from your GP.

## **Pain relief**

Some discomfort after surgery is to be expected. You may have been given pain killers when you were discharged from hospital. Continue taking these as instructed on the packet. If you did not receive pain killers when you were discharged, it may be because you did not require any at the time. In this situation, if you do require pain relief, Paracetamol is advised. If Paracetamol is not effective enough for your pain, you should contact your GP.

## **Driving**

You should avoid driving for two to four weeks. You should check with your insurance company to confirm your insurance remains valid.

## **Household chores**

You are advised to refrain from any heavy pulling and pushing and activities such as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually and will be discussed with you during your outpatient appointments.

## **Complications**

It is important for you to be aware of the signs and symptoms of wound infection. These may include:

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

If any of these symptoms occur, contact your GP or Ward L5 on **01223 348503** for advice. If an infection does occur antibiotics may be prescribed.