

Keep your healed area out of the sun or apply a total sun block for the next 2 summers as newly healed skin burns very easily in the hot sun.

Avoid wearing tight clothing that may rub against the wound.

Be aware that the colour of your healing skin graft may change depending on the time of year, some patients have notices that the area/s may be pink in the summer and purple in the winter. **This is normal and you should not worry**

## Useful Contacts

**Dressing Clinic: 0151 430 1285**

If you wish to contact the Physiotherapist or Occupational therapist if you have a problem with your splint please call **0151 426 1600** Extension **2243** (Ward 4D) or Extension **2595** (Ward 3A)

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600



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# How to care for your skin graft following discharge

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如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

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## Dressings

- If you have dressings on your wound/s please keep this clean, dry and undisturbed until your next dressing appointment/visit from the community nurse
- Please ensure hands are cleaned thoroughly if you or someone else need to touch your wound at any time.
- If necessary, please take your pain killers 45 minutes before your appointment / visit from the community nurse to help your pain relief during your change of dressing
- If you have been given antibiotics to take please finish the course.

## Appointments

- Before you go to the Dressing Clinic an appointment will be arranged for you as necessary for either a treatment room visit or a community nurse
- You will be given 7 days supply of dressings to give to the community nurse

## Contacts

- The correct contact phone numbers will be given at discharge
- Out of hours community nurse contact numbers  
**01744 22022** for St Helens and Knowsley (8pm-8am)  
**0151 285 2733** for Liverpool patients (8pm-8am)

## Exercises

If you have been given exercises it is very important that you continue to do them as you were shown.

To aid comfort try keeping your hand/s arm/s or leg/s raised on a pillow. This will help the blood flow, prevent swelling and help with pain relief.

If you have been given a splint to wear it is very important that you carry on wearing it as you were shown. It will help in the future with your hand movements.

## Problems

Please contact the ward that you were admitted to if you have any of the following:

- If the area around your skin graft becomes very swollen
- Pain that is not relieved by taking your pain killers
- If you feel the condition of the skin graft has worsened
- Bleeding that will not stop after applying gentle pressure
- Any redness which feels hot to the touch and goes past the end of your dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing
- The dressing falls off

## Dressing Clinic

You will be given an appointment to attend the dressing Clinic.

It is very important that you attend this appointment.

Please contact the clinic straight away if you on **0151 430 1285** if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the Dressing Clinic please be ready 2 hours before your appointment time. This is because ambulances sometimes collect patients early for their appointments and cannot wait for you to get ready.

## After Care

The nurse in the dressing clinic will inform you when your wound/s is/are completely healed.

Once completely healed you can begin to wash the areas with a mild non-perfumed soap and pat dry with a clean towel.

You will be shown how to massage the area twice a day with a moisturising cream.