

Try wearing comfortable shoes that do not rub if the skin graft to your foot.

Be aware that the colour of your healing skin graft may change depending on the time of year.

Some patients have noticed that the area(s) may be pink in the summer and purple in the winter, this is normal and you should not worry.

## Support group BRAVO

### Burns Rehabilitation and Voluntary Organisation.

If you are interested in joining to give or receive support from other burn injury survivors, please contact the burn unit and ask to speak to a member of BRAVO.

## Other useful contacts

If you wish to discuss your treatment with a Physiotherapist or Occupational therapist please contact the therapy room: 0151 426 1600 – and ask for extension 2243

If you have problems with your splint please ring: 0151 426 1600 – and ask for extension 2231 and follow the instructions

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



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# How to care for your skin graft on a lower limb following discharge

This leaflet can be made available in alternative languages / formats on request.

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 a dressing on your wound(s) please keep this clean, dry and un-disturbed until your next dressing clinic appointment or visit from the Community (District) Nurse.
- If you need a Community Nurse before you go to dressing clinic, one will be arranged for you and you will be given 7 days supply of dressings to give to the Community Nurse.
- The Community Nurse may visit you in your home or you may be asked to attend your GP surgery. The Community Nurse will arrange this with you.
- If the nurse has given you an elasticated tubular bandage (Tubigrip) to wear, make sure that you put it on before getting out of bed in the morning, and remove it when you go to bed at night.
- If necessary, please take your painkillers at least 45 minutes before your clinic or visit from the Community Nurse to help your pain relief during a change of dressing.

**Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time.**

## Exercises

If you have been given exercises to perform by a Physiotherapist, it is very important that you continue to do them as you were shown.

To aid your comfort try keeping your leg(s) raised as much as possible while resting. Try to avoid standing in one position for a long time. If you do have to stand, keep your legs moving to keep the blood flowing to your leg(s). This will help to prevent swelling and help with pain relief.

If you have been given a splint to wear by the Occupational Therapist, it is very important that you carry on wearing it as you were shown.

## Problems

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

- Very swollen leg(s)
- Pain that is not relieved by taking your pain killers
- Pins and needles or numbness in your leg(s)
- Bleeding that will not stop after applying gentle pressure
- Any redness which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing

You will be given an appointment to attend dressing clinic.

**It is very important that you keep this appointment.**

The telephone number for the dressing clinic is: **0151 430 1285**

Please contact the clinic straight away 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 as ambulances tend to collect patients early and cannot wait for you to get ready.

The nurse in dressing clinic will inform you when your wound(s) are completely healed, once completely healed you can begin to wash the areas with a mild un-perfumed soap and pat dry with a clean towel.

## After Care

You will be shown how to massage the area twice a day with a moisturising cream. Keep your healed area out of the sun or apply a total sun block for at least the next 2 summers as newly healed skin burns very easily in hot sun. Avoid wearing tight clothing that may rub against the wound.