

**There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.**

**Please ask a member of staff if you would like a chaperone present during your procedure.**

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

### **Patient Information Leaflet**

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

## Dressings

If you have a dressing on your wound/s please keep this clean, dry and undisturbed until your next dressing appointment/visit from Community 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 own 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 pain killers 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.

## 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.

## Aftercare

The nurse in dressing clinic will inform you when your wound/s 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.

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.

Try wearing comfortable shoes that do not rub if the skin graft is on 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 summer and purple in winter, this is normal and you should not worry.

## 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 comfort try keeping your leg/s raised as much as possible while resting.

If you 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 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.

## Dressing Clinic

You will be given an appointment to attend dressing clinic. **It is important that you keep this appointment.**

Please contact the clinic straight away on:

**0151 430 1285**

if you will not be able to keep your appointment.

**If you have not received your follow up appointment as discussed on your discharge, please ring:**

**0151 426 1600**

**and ask for your Consultant secretary.**

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 and cannot wait for you to get ready.