

After Discharge

General Information

You should not smoke during the healing period as this may slow down the healing process. Avoid knocking or rubbing the graft area. The graft remains very fragile for at least 6 to 8 weeks.



Showering and Bathing

You are advised not to have a bath for two weeks after your surgery. In general showering is preferable to bathing.



For a few weeks you should not bath your skin graft for more than five minutes. Furthermore you should use a mild soap and rinse well, patting the graft dry gently with a soft towel. Once your graft has healed completely you may bath and shower normally.



Sports

You should wait till your clinic visit approx. 6 weeks after your surgery before resuming any sportive activities. Wait for further instructions of your healthcare professional.



Sunbathing

It is important to completely block the sun from the graft area using either clothing, a hat or high factor sun block.



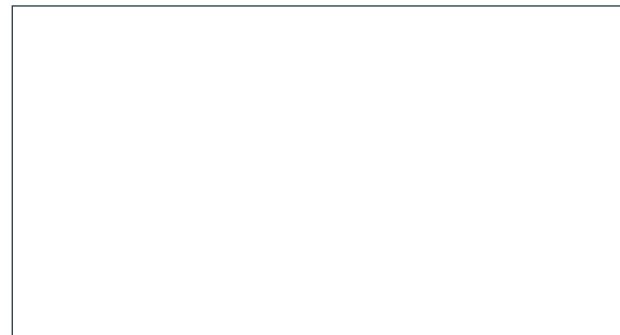
Massages and Skin Care

After the dressing has been removed, both the graft and the donor site have to be daily softened and massaged to reduce redness. You should use a non perfumed-creme or lotion.

Note: The instructions included in this brochure are designed to serve only as a general guideline and not to supersede your healthcare professional's instructions. Please contact your healthcare professional if you have any problems with wound healing or any other wound related issues.

References:

1. De Vries et al., Reduced wound contraction and scar formation in punch biopsy wounds. Native collagen dermal substitutes. A clinical study, Br. J. Dermatol., 1995; 132: 690-697
2. Cligg, R., Patient Information Leaflet for: Wound care advice following an excision with a skin graft. Information for patients and carers, Trust docs, 2017
3. Haslik et al., First experiences with the collagen-elastin matrix MatriDerm® as a dermal substitute in severe burn injuries of the hand, Burns 2007, 33(3): 364-8



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Material number 89634-002

matriderm®

Fast regeneration
Restored motion



Patient Information

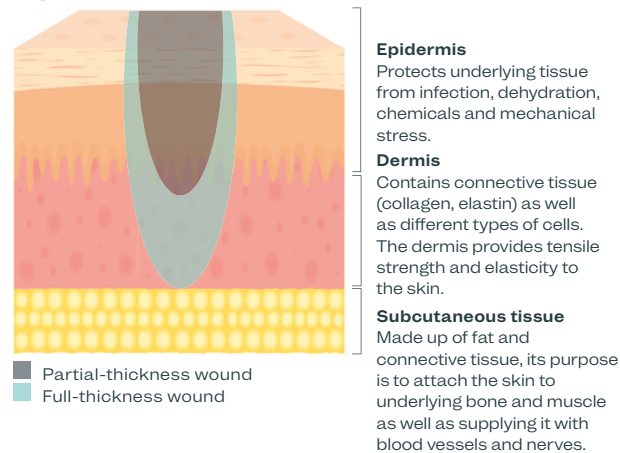
Function of the Skin

The skin is the largest sense organ of humans. Structure and color look slightly different for each person. Nevertheless, the skin always has the same composition and functions.

The skin is composed of three skin layers. First comes the upper skin layer ("epidermis"). Underneath lies the sclera ("dermis") and below lies the underskin ("subcutaneous tissue").

The skin gives us the ability to perceive touch, pressure, tension and temperature differences. At the same time it protects our internal organs from bacteria and regulates our body temperature.

Layers of the Skin



If the skin is damaged the protection is lost. The resulting wound may differ in depth depending on how much of the different layers are affected (partial-thickness wound, full-thickness wound). If a wound is deeper than the upper layer of the skin a skin graft may be required.

Skin Graft

Skin grafting is the transfer of healthy skin from one part (donor site) of the body to replace a wounded part of the body (graft site).

There are different types of skin grafts. Your surgeon has used the most common type: a split-thickness skin graft (STSG). This involves removing the upper thin layer of your own skin (epidermis) as well as a portion of the deeper layer of your skin (dermis).

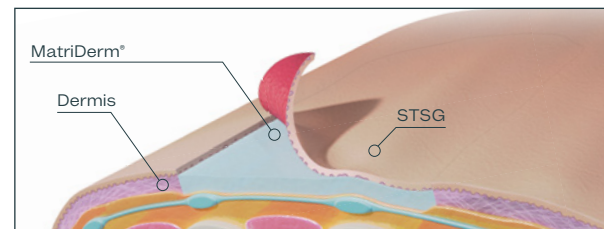


Note that both the graft and the donor site will need nursing attention.

MatriDerm®

MatriDerm® is a unique collagen elastin scaffold, which serves to replace the wounded dermis.

Your surgeon has used MatriDerm® together with STSG to fasten and improve wound healing of partial- and full-thickness wounds to restore motion, skin elasticity and aesthetic outcome.



Example of MatriDerm® covered with a STSG.

During the wound healing, your body uses MatriDerm® as guiding structure and replaces it by body's own dermis components. After 6 weeks MatriDerm® is rebuilt and newly formed dermis is present.¹

After Surgery

Care of the Skin Graft and Donor Site

A healthcare professional will look after your dressing at the donor and graft site. The type of dressings will depend on the surgery you had and the preference of your healthcare professional. Please keep your dressing clean and dry.

Appearance of the Donor Site

The donor site looks like a graze. It will be red and raw and you may have more pain at the donor site than at the graft.⁶ Once healed the area may appear pale and will be more sensitive to the sun at first.

Appearance of the Graft

Sometimes the wound may look pale and whitish at the beginning until the graft is fully supplied with blood and turns pink. Initially, the area may feel quite numb, as the nerves will have been damaged during the surgery. The nerves begin to grow into the area after 4 or 5 weeks but it may take one to two years until the sensation fully returns.²

First Movements

MatriDerm® enables you to start early with your physical therapy after surgery. You can also achieve a high functionality of the limb with the skin graft, improving your quality of life.³

For the first 3 to 5 days in hospital you should keep bed rest and do as little movements as possible. Your healthcare professional will advise you if you will need more days of bed rest.

After 5 to 7 days you can do the first careful and slow movements yourself. After 2 weeks you can start with passive movements with your physical therapist.



Example for a passive movement