

**Amelia Pare' MD Plastic Surgeon 123 Hidden Valley Road, McMurray, PA 15317 724-941-8838**

### **SKIN GRAFT**

*Insurance Criteria:* Skin grafts may be used for burns, skin cancers or large open wounds that have not been able to heal. Skin graft may be full thickness (and the donor site is closed as an incision) or may be split thickness and the donor site may be similar to a large deep abrasion. Once it is determined that a skin graft is recommended, we encourage you to call the members service number on the back of your insurance card with **Diagnosis code** S31.109A and **Procedure codes 15002 & 15100** (These are generic skin graft codes that may differ from yours depending on size, location and type) to determine the patient's out of pocket costs (copayment, deductible and coinsurance). Fenner is our billing company 412-788-4995. You may receive a bill from Tristate anesthesia (412-831-3744) or Tristate Surgery Center (724-225-8800 x110) or Pathology Assoc of Washington (412-323-4400).

**Preoperative instructions for skin graft** All pretesting lab work (CBC-bloodwork) must be completed within 30 days of your surgery. An EKG is required if you are over 50 years old and is valid for 6 months. Cardiac clearance will be required for any EKG abnormality for anesthesia. Do not use aspirin products two weeks prior to surgery; Tylenol may be substituted. Quit smoking- Smoking delays wound healing. Do not use alcohol 24 hours prior to surgery. Do not eat food or drink after midnight before surgery. Fill prescriptions prior to surgery and take as directed. Please alert the physician of any allergies to medications. Please start your antibiotics the evening prior to surgery. Pain medication may be used after surgery and will not be refilled. Do not wear make-up, jewelry, contacts or hair accessories on the day of surgery. Wear comfortable clothing and a shirt that buttons up front. You may want to begin taking a probiotic or yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system. If you care for family or pets, make arrangements to have assistance for 7-10 days.

Please **preregister for Tristate Surgery Center**, 80 Landings, Drive Suite 101, Washington, PA 15301 online at [www.simpleadmit.com](http://www.simpleadmit.com) and click "Patients Start Here" and use password "TSSC724NEW" and complete the medical history form. For technical assistance call 877-848-4726. For other assistance, call the surgical nurse concierge at 724-225-880 ext 112. Once you receive the email with an Access Token and login instructions, please click the web page link in the email. You will be redirected to a login page. At the login page, your Access Token will be entered automatically. Enter your date of birth using the "MM/DD/YYYY" format. After entering your Date of Birth, click "Resume" Then you can review and modify your most recent health history form. (If you printed or saved your Access Token and login instructions, please, go to [tristatesurgery.simpleadmit.com](http://tristatesurgery.simpleadmit.com) and follow the Link "Patients Start Here" and enter your secure Access Token and enter your birthdate "MM/DD/YYYY" and click "Resume" and then review and modify your most recent health history form.)

**What to expect on the day of surgery?** Arrive at the Tristate surgery center at the specified time. Bring your license and insurance cards. The skin graft surgery will be performed under general anesthesia. You will receive an IV prior to surgery that will be used for fluids and medications. Your surgery will be outpatient and all patients will require someone to drive them home after surgery.

**Postoperative instructions for skin graft** Drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks. We encourage you to start with liquids and then progress to solid foods. 60 gm protein is required daily. Swelling and bruising may occur. Avoid alcohol while taking medications. Take antibiotics until they are completed. Pain medication may be taken as needed and constipation may result. Magnesium citrate may be used to relieve constipation and should be used early in the morning. Do not take more than the directed amount of any medication. We suggest that you eat prior to taking medications to avoid stomach upset. The skin graft is sutured to the skin. The yellow dressing will also be sutured to the skin to keep the graft firmly attached. The donor site for a split thickness graft will have a clear dressing on the deep abrasion. The clear dressing may be reinforced with an Ace wrap or additional gauze. You may shower after 24 hours, however, do not get the surgical area wet. You may reinforce the dressing as needed. Do not submerge the wound in water. You may apply ice as needed 20 minutes on and 20 minutes off. Keep ace wrap in place. Avoid strenuous activities including lifting, pushing and pulling for 4 weeks. Do not lift more than 2-3 pounds for 2 weeks. You may lift only 8 pounds (gallon of milk) for at least 1 month. Casual walking is acceptable. Driving is permitted once the patient is no longer taking pain medications. Do not smoke. Smoking delays wound healing and the sutures dissolve at 4 weeks. Notify the office if the patient has a fever of 101 or greater, chills, severe nausea and vomiting or excessive bleeding or drainage. The yellow dressing will be removed at 1 week.

Follow up appointments: \_\_\_\_\_