
Skin Grafts and Healed Burns

*Healing skin will be dry/ flaky/ itchy– apply moisturizing lotion twice a day or more often if needed for dryness

*Try not to rub or scratch the healing skin– this may cause new blisters or open wounds

*The healing areas will be PINK/ PURPLE in color for several months– this discoloration will improve with time

*Protect all healing areas from the sun– use sunscreen SPF 30 or higher

**New* areas of redness around wounds may indicate an infection– you should notify your healthcare provider



Donor Site Care

The donor site dressing will remain adherent (stuck) to the wound until it has healed underneath, usually 10 -14days.

The dressing will be moist for the first 3-5 days; drainage is normally a reddish-brown color.

The dressing will begin to dry as healing occurs. As the donor site heals, the dressing will begin to peel off. It is OK to trim loose edges.

Do not try to force the dressing off. This may injure the healing skin underneath.

At home: You should keep the dressing clean and dry. It does not need to be covered with any other dressing.

**Continue to
perform your motion
and strengthening
exercises as instructed**

Some Notes About Pain Medication

*Oral pain medications need time to absorb from your stomach and begin to produce the desired effect– take pain medication approximately 30 minutes before wound care for best results

*Some pain medications cause constipation– to prevent this we may prescribe a stool softener, you should also drink plenty of fluids and eat fruits and vegetables

*Some pain medications cause drowsiness– you should not drive a car, operate machinery, or return to work until you are cleared by your healthcare provider

Dressing Supplies

A & R Medical Supply 256-1610
5010 Lomas Blvd NE
Albuquerque

HME Specialists 888-6500
611 Osuna Road NE
Albuquerque

*Call first, not all items are in stock and
may have to be ordered



Your Should Notify Your Healthcare Provider For These Signs

- Increasing pain or swelling
- New areas of redness around any wounds
- Persistent nausea and vomiting
- Fever
- Any other concerns

Important Phone Numbers

- To speak to a nurse about fever, pain, or other concerns; to make or change a clinic appointment
#505-272-2337
- To speak to a therapist about your mobility or exercise plan
#505-272-2128
- For urgent issues related to your injury
#505-967-9687

Patient Name:



University of New Mexico Burn Care Program

Director:

Christopher Lentz, MD

Burn Clinic/ Surgery Clinic is located on the 2nd Floor of the Main Hospital Building in the Surgical Specialty Area