

Regional Burn Center
Patient Discharge Instructions

Donor Site Care

- Xeroform -Biobrane
 - Keep dry and open to air as much as possible until your follow-up visit.
- Tegaderm or Transparent Film dressings
 - Keep dressing intact until follow-up visit.
 - If fluid collects underneath (more than a tablespoon full), call the Burn Center at (619) 543-6505 for instructions. Call (619) 543-6502 after-hours.

While dressings are intact and drying:

- Sleep in a position that will allow the donor site to get as much air as possible.
- Avoid touching and scratching the donor site.
- Usually the wound edges will heal first. As areas heal you can apply a moisturizing cream. Be sure the cream does not contain alcohol or fragrance which may dry the skin
- Gradually resume normal activity as instructed by your physician.

Once the dressing is removed:

- Bathe as normal, using gentle soap and tap water. We recommend using baby shampoo.
- Apply a moisturizing cream. Remember, lotions and creams that contain alcohol or fragrance should not be used.
- Avoid blistering by wearing loose-fitting, lightweight clothing and comfortable shoes or sandals.
- Protect new skin and avoid bumping into objects and rubbing over the new skin. Even the slightest bump or rubbing can cause damage.

Other Instructions: _____

Call the Burn Clinic at (619) 543-6505 if you experience any of the following:

- severe chills or fever
- excessive pain
- redness, swelling, or drainage
- odor at the site of the burn dressing

