

Definition: Grafting is the act of removing skin from a healthy part of the body and placing it over the damaged part. It is used to cover a wound and replace lost tissue.

A flap is a surgical procedure that involves removing a portion of tissue, leaving one end attached to the original site and the other end attached to the recipient site. It includes skin, mucosa, muscle, adipose tissue, and bone. It is used to cover a wound and compensate for lost tissue, especially exposed bone, tendons, blood vessels, and nerves.

Preoperative training:

- 1- Explain to the patient what the doctor has said about the type of surgery and the reason for it.
- 2- Tell the patient that a consent form signed by the patient and a first-degree relative is required for surgery and anesthesia.
- 3- Instruct the patient to refrain from eating and drinking from midnight before surgery.
- 4- Explain to the patient that if there is no prohibition, he should take a bath and remove excess hair the night before the operation.
- 5- If he has an underlying disease and needs to take medication before the operation, teach the patient the time, amount, and method of taking the medication. And ask him to take the medication in your presence.
- 6- If antibiotics are prescribed before surgery, administer the medication.

Postoperative instructions:

- 1- Place the patient in the supine position and elevate the affected limb 30 to 45 degrees above the heart to reduce edema and pain.
- 2- Ask the patient to avoid manipulating the dressing and wound area.
- 3- Avoid twisting and deforming the free edges of the flap and the flap itself, such as the eyelid, lip, and eyebrow, and do not move the surgical area.

4- There may be some bleeding and swelling after the operation, which is due to the surgery.

Bruising has no effect on the final result and will resolve on its own

5- Advise the patient to avoid heavy activity and pressure on the surgical area and, if not prohibited, to follow a high-protein, high-calorie diet to heal the wound. And to avoid eating stimulating foods such as eggplant, sausage, and spices.

6- Tell the patient to follow a liquid diet including water, natural fruit juice, tea, and a soft diet including puree, halima, soup, etc. in the days following the surgery to prevent graft rejection if the surgical area is on the face and neck.

7- Instruct the patient that after the procedure, occlusive dressings are usually used to immobilize the skin. The surgeon usually performs the first dressing change five days after the operation. If there is purulent discharge or a bad odor, this is done earlier.

8- Tell the patient that, if the doctor allows, he can move the operated limb or walk or use assistive devices for walking.

9- To prevent infection and relieve the patient's pain, use antibiotics and painkillers as prescribed by the doctor.

Minimum Education During Discharge:

1 - Provide written and verbal education to the patient and caregiver and provide them with the name and phone number of the physician or nurse to call if they have any questions.

2 - Review each explanation of the procedure and specific follow-up care with the patient

3- Tell the patient that after being allowed to walk, he/she should use elastic stockings to deal with the pressure on the body as advised by the doctor.

4- Advise the patient that if the graft site has been repaired, he/she should take a bath when visiting the clinic and gently wash the wounds and graft site with water and baby shampoo.

Otherwise, do not bathe and come back with the previous dressing

- 5- In case of flap and need to change the dressing, explain how to properly care for the wound and surgical incision and show the patient how to do it. .
- 6- Explain to the patient when and when the sutures need to be removed.
- 7- Ask the patient to avoid applying pressure and sleeping on the surgical site. .
- 8- Explain to the patient that in case of abnormal discharge from the wound, infection, fever and bleeding, coldness and lack of vascular circulation of the skin, pain, non-healing of the wound and black tissue around the wound, he should immediately refer to the medical center
- 9- Instruct the patient to change the dressing on the wound area if the doctor allows it and to keep it soft and moist by using the ointment prescribed by the doctor.
- 10- Regarding the Denver area, instruct the patient that a dressing is placed in this area to allow for more mobility and to prevent movement restrictions and infection.
- 11- The Denver area dressing will be lightened one to two days after the operation and the last layer of the dressing will remain on the wound. Tell him to avoid removing the last layer with pressure. The wound should be clean and dry and avoid pressure and impact on it.
- 12- Blow dry the Denver area with cool air as directed by the doctor. Wash the Denver area with baby shampoo on the fifth day after the operation.
- 13- Ask the patient to avoid direct sunlight, use of strong cleansers, and skin irritation through clothing.
- 14- Explain the purpose, amount, timing, and method of administration of each prescribed medication, and any side effects that should be reported to the physician and nurse.
- 15- Encourage the patient to talk about his/her abilities and limitations with regard to his/her job, hobbies, and activities.
- 16- Explain to the patient the importance of planning for rest, avoiding excessive exercise and heavy activity, and doing appropriate exercise and regular activity as directed by the physician

17- Describe to the patient measures to improve sleep patterns, such as avoiding stimuli before bedtime (diet, activities), not sleeping during the day, and establishing a regular sleep pattern.

18- Explain the necessity of a high-protein, high-calorie diet, if not restricted, to improve the patient's condition.

19- Since some complementary and alternative therapies may be harmful or may interfere with prescribed drug treatments, it is necessary to consult a doctor or nurse about these treatments.

20- Encourage the patient to express their fears and concerns about disfigurement, loss of function, and feelings of sadness.

21- Encourage the patient to perform self-care activities as soon as possible.

22- Emphasize the importance of regular and follow-up medical visits and physical therapy as needed, and make sure the patient has the names and numbers of emergency telephone numbers.