

Information for Patients

Instructions for Care of Fascia Lata Donor Sites Following Your Operation

- The fascia lata donor site is the area of your leg where the donor material has been taken from.
- The dressing and bandage on your leg should remain in place for 7 days. If the bandage falls off it should be reapplied firmly but comfortably. Please ensure this is kept dry when washing and bathing.
- Please observe your foot for any change in colour and/or pins and needles. This may suggest that the bandage is too tight. If this is the case, please contact the hospital immediately for advice on the number below.
- An appointment will be given to you to attend the hospital approximately 1 week after your operation. The dressing will be removed and the wound will be assessed at this time.
- The stitches will be removed after 10 days, this is usually carried out at your doctors' surgery by the practice nurse and you will need to make this appointment on discharge from hospital.
- Cream such as E45 or Nivea should be massaged into the area as much as possible without making it sore. The massage will help to flatten and fade the scar.
- It is advisable to use a high factor sun cream on the scar, such as total sun block, as it may be more susceptible to sunburn for the next 2 years as it takes this long for the grafted site to fully heal. It is advisable that you continue to use sun block on the graft site after this time and whenever exposed to strong sunlight.

If you have any questions or are worried about any of this information please telephone the nurse practitioner on (0161) 276 1234 and ask switch board to bleep John Cooper on bleep 5235 or Anne Mullett on bleep 5605, Monday – Friday, 9.00 am - 5.00 pm or contact staff on Ward 55 who are available 24 hours every day on (0161) 276 5512.

The team can be e-mailed with a query at john.cooper@mft.nhs.uk or anne.mullett@mft.nhs.uk.

