

Integra

Patient Care Instructions

General Information

Integra is bovine skin substitute that will allow your body's own cells to grow into it allowing the body to form a new layer of dermis. A skin graft is then utilized to cover the new dermis at a second stage operation. When used, the Integra is given a period of time (usually 14 -21 days) to incorporate into your tissues and become vascularized. During this time, daily dressing changes are required.

Pre-Operative Guidelines

Smoking should be stopped a minimum of 4 weeks prior to surgery. Smoking should be avoided for at least 6 weeks after surgery as well. Smoking can greatly interfere with healing and lead to postoperative complications.

Do not eat or drink anything after midnight the night before surgery. This includes no water, gum or hard candy. Blood pressure and/or heart medications can be taken with a sip of water as directed by your prescribing physician.

If you take medication for diabetes, then confirm with your prescribing physician how to manage these medications prior to surgery.

If you are prone to nausea or motion sickness let your anesthesiologist know on the day of surgery. Medications can be started prior to surgery or during surgery to help improve your postoperative experience.

Post-Operative Instructions

Take pain medications and muscle as directed. Do not drink alcohol with these medications. Do not take pain medicines on an empty stomach.

You may resume all your home medicines as you normally take them.

Take a stool softener/laxative, such as Colace, Biscodyl, or Milk of Magnesia, until bowels begin to function normally after surgery. A combination of anesthesia and pain medication usually makes this necessary for a few days.

Do not smoke or be around smoking as even secondhand smoke delays healing and increases the risk of complications.

You may resume a normal diet after surgery. Do follow a well-balanced diet and drink plenty of fluids.

Activity Restrictions

Depending on the location of your wound/wounds, walking is encouraged soon after your operation. If your orders are non-weight bearing, please follow those orders.

If you had surgery on one of your limbs, please keep that limb elevated at the level of your heart or above as much as possible for the next 24-48 hours.

Light cardiovascular exercise can be resumed after 4 weeks and all other activities at 6 weeks.

Please refrain from any strenuous activity. Absolutely no jogging, swimming, or lifting anything more than 5-10 lbs. for 6 weeks.

Post-Operative Instructions

Your wound has a wound VAC in place. Please keep the wound VAC in place until you are seen in clinic. If your wound VAC should develop a leak, please call the KCI 1 800 number, or call the clinic for further instructions

If a wound vac was used, it will come down on post-operative day 5

If a bolster was used, it will also come down on post-operative day 5.

Once the initial surgical dressing is removed, you will be instructed to perform daily dressing changes. These will consist of placing xeroform (yellow gauze) over the integra, and then wrapping with a kerlix (gauze roll). An ace bandage or coban should also be used to prevent shearing of the integra graft.

Some drainage is expected from the wound. If you experience excessive drainage, then you should call the clinic for further guidance.

Please keep the wound dressings dry while showering. The integra should not be cleaned or scrubbed in any way aside from the wound care prescribed.

When to Call the Office

If you have severe pain not relieved by pain medication.

If you have any side effects from medication: rash, nausea, headache, vomiting.

If you have fever over 101.

If you have yellow or green drainage from an incision or notice foul odor.

If the yellow fluid under the Integra becomes cloudy or the Integra turns black.

For medical questions please call 817-702-9100 or JPS patients call 817-702-4268 or you can send a message via mychart.

Follow-up Care and Appointments

You will be seen approximately 5 days after your surgery. If for some reason you do not have an appointment scheduled, please call 817-702-9100 or JPS patients call 817-702-4268 or you can send a message via mychart.