



MODERN DERMATOLOGY
WESTPORT, CT

tel (203) 635-0770 | fax (203) 635-0771
www.moderndermct.com

POST BIOPSY/EXCISION WOUND CARE INSTRUCTIONS

The dressing that was applied after the biopsy should stay in place for 24 hours, and the area should be kept dry. Follow the instructions below to take care of the wound. Most people do the first two steps in the shower. Do these steps once daily for 1-2 weeks. 1. Wash your hands 2. Clean the wound with soap and water, and then pat dry. 3. Apply a small amount of Aquaphor to the area. 4. Cover with a band aid

Skin heals best in warm, moist conditions. After applying a band aid daily to your skin it might become irritated; in that case, the wound can be left open without a bandage but be sure it remains moist with ointment (Aquaphor). Reapply the ointment as needed to keep wound moist. You **DO NOT** want a scab to form. The best evidence to date suggests that plain Aquaphor is the best ointment to use as many people are allergic to Neosporin and Polysporin.

PAIN: Pain is related to swelling and should be minimal. For the first 1-2 days, if needed, you may apply an ice pack over the dressing for 15-20 minutes every 1-2 hours as needed and take Tylenol (unless allergic), two tablets every 4-6 hours as needed, not to exceed 3 g in one day. Most people will not need anything for pain.

ACTIVITY: If no stitches were placed then there is no limitation on activity. Avoid soaking the wound in standing water. If you are a pool swimmer, take 3-4 days off. No lake swimming or hot tub use for 1 week. If stitches were placed, you should decrease activity for the next 1-2 weeks until the stitch is removed. Increased activity increases your risk of bleeding and pain by increasing blood flow to the area. Avoid any activity that stretches or pulls at the biopsy site.

APPEARANCE: Biopsy sites rarely get infected. Healing biopsy sites develop a red rim around the edge - this is normal healing taking place. You may notice a yellowish material at the base of the wound - this is normal as well. If the wound becomes more red (silver dollar size), more painful, more warm and tender, or if it drains a creamy material, please call our office. If stitches were placed, redness immediately around the stitches is normal and does not represent an infection. You may experience itching, tingling or numbness near the wound as it heals. The scar may remain pink for months but will contract and fade with time. Bleeding risk is minimal for biopsies but might be greater if you are on a blood thinner. In the rare event that you experience bleeding, you should relax, recline and apply firm, steady pressure to the wound for 15 minutes without lifting. If bleeding continues, call our office.

BIOPSY RESULTS: Within two weeks you will be called if your biopsy results indicate you need further work. Occasionally more time is needed for processing. If you have any questions regarding your results feel free to call our office, but please give us two weeks for the results to return from the laboratory.

If you have any questions or concerns, please call the office at 203-635-0770.