

## BIOPSY WOUND CARE INSTRUCTIONS

- 1.** Leave the bandage in place until bedtime. Rinse the wound gently with water for several minutes to rinse off the bacteria. Or, allow soapy water to rinse over the wound in a shower. Do NOT scrub the area. After cleansing, apply a generous amount of Vaseline, Aquaphor, or antibiotic ointment (such as Bacitracin or Neosporin) to keep the wound moist. You do not want the area to dry out and crust or scab. Cover with a Band-Aid. This can be repeated twice a day for about 7-14 days or until the wound is healed.
- 2.** If you are unable to change the bandage often, then you can apply a special bandage which is left in place for up to 3 days at a time. "Band-Aid Advanced Healing Blister" or Walgreens or CVS brand "Advanced Healing" Premium bandages provide an optimal environment for the wound and allow for more rapid healing. They were originally designed for open blisters but also work great for shave biopsy wounds.
- 3.** Wounds on the face or scalp do not necessarily need to be kept covered with a bandage, but they should always be kept moist with Vaseline or antibiotic ointment. This will allow the wound to heal quicker and with a better cosmetic result. If the wound dries out it will form a scab, which is not good for healing.
- 4.** Some patients will experience bleeding at the wound site, particularly while the anesthetic is wearing off. This can be controlled with the application of firm continuous pressure for at least 15 minutes. The legs are most prone to bleed, and should be elevated when possible. (Prop up your leg when sitting down and try to avoid long periods of standing for several hours after the biopsy).
- 5.** If you have stitches at the biopsy site, avoid soaking the wound in water (baths, hot tubs, swimming). You may shower as usual and let water and soap run over the area. If you have a shave biopsy and would like to swim, you must apply a sturdy waterproof bandage.
- 6.** If the wound opens or becomes extremely red, swollen, painful, or if it begins to drain large amounts of pus, call the office immediately. Normal healing wounds will be slightly red and may have clear yellow or slightly bloody drainage.
- 7.** Results of the biopsy typically take 1 week. If you have a follow-up appointment, we will go over the results at that time. If you do not have a follow-up appointment and the results are concerning, we will certainly call you. Otherwise, you can call the office in 1 week if you are interested in your results.
- 8.** After the area has healed over completely (1-2 weeks), we recommend Bio-Oil to improve the results of the scar. Apply this light oil twice a day for several weeks to months until the scar is less noticeable. Bio-Oil is available in our office (\$11.99) and at drugstores.