

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

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WOUND CARE FOR BIOPSY SITES

- ❑ Leave the bandage on until it falls off, at least 24 hours. Leaving bandages on as long as possible is encouraged.
- ❑ When the original bandage comes off and before each bandage change, shower as you normally would with soap & water. Apply a thick layer of Vaseline Jelly to the wound. Cover with a Band-Aid, if possible. If wound cannot be covered, apply ointment 3 times a day. Studies show that wounds heal better when kept moist so continue care until skin heals over or sutures are removed.
- ❑ It is okay to shower regularly after the first day. Avoid swimming until the stitches are removed or until the skin heals (Alternative: Use water proof bandages from drugstore).
- ❑ Liquid Bandage is an alternative. Follow directions on box.
- ❑ If you have stitches, avoid strenuous exercise and weightlifting involving this area for two weeks as this can cause bleeding and more scarring.
- ❑ For pain, take two Tylenol (acetaminophen) tablets every 4 to 6 hours as needed.
- ❑ If bleeding occurs, sit still and apply firm continuous pressure and a cold pack to the area for 30 minutes. Do not check during this time. If after this, there is still bleeding, call our office (321) 241-1160.
- ❑ It is normal for there to be some swelling, tenderness, redness, and bruising around the wound for the first few weeks. If there is increasing swelling, redness, warmth, or pain, or if there is pus draining from the wound, call our office (321) 241-1160.
- ❑ Some amount of scarring is normal. However, if you are not happy with how the scar looks 6 weeks after the biopsy, please call us so we can re-evaluate.
- ❑ We will call or email you regarding your biopsy results within 2 weeks. If you haven't heard within this time, it is important to please call us.