

**DERMATOLOGY +
PLASTIC SURGERY**
For Your Best Self
SALUJA | NOVO | GASGARTH

WOUND CARE FOR BIOPSY SITES

- Leave the bandage on for at least 24 hours.
- After 24 hours remove bandage and clean with regular soap and water. Apply a thick layer of Vaseline Jelly to the wound and 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. For punch biopsies avoid swimming or submerging fully into water until the stitches are removed.
- 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 if bleeding has stopped 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 you regarding your biopsy results within 2 weeks. If you haven't heard within this time, it is important to please call us.
- Your biopsy sample is sent to DermPath Diagnostics, a division of Quest or ForFront Lab. This is a separate pathology company that reads our biopsies, and therefore, there is a separate bill associated. If you have any questions or concerns regarding your bill, their number is 407-260-1058 or 266-630-9882.**

CRYOSURGERY AFTERCARE INSTRUCTIONS

- No special care is needed after liquid nitrogen treatment. You can wash and take care of your skin as usual. It is ok to apply petroleum jelly, antibiotic ointment, or scar gel, or to cover with a bandaid if you prefer. Freezing peels off the lesion, replacing it with new skin in about 10-14 days. A blister or scab often forms within the first few days. There may also be some redness and mild discomfort at the treated site. If you experience increasing redness, warmth, or pain, or have other concerns, call our office (321-241-1160). If any of the treated lesions persist or recur, it is important to return for re-evaluation and further treatment because sometimes, a skin biopsy for further diagnosis or two or more rounds of freezing treatment are needed.