

BIOPSY/WOUND CARE INSTRUCTIONS

IDI Skokie-Northbrook

SHAVE BIOPSY (NO STITCHES, SHALLOW OPEN WOUND)

- Follow instructions below, wash and cover daily for approximately 7-10 days.
- It will heal like an open wound, expect to see a yellow base with mild redness at the edges.

PUNCH BIOPSY (STITCHES IN PLACE)

- Follow instructions below, wash and cover daily until stitches are removed. Make an appointment for stitch removal in _____ days.

INSTRUCTIONS:

1. **Keep the area dry for approximately 24 hours. Then DAILY:**
2. Remove the bandage. **Wash** the wound gently with soap & water when you bathe. Gently pat dry with clean towel.
3. **Apply Aquaphor Ointment** (made by Eucerin & available over the counter at any Pharmacy) or Vaseline to the wound. Wounds heal best when they are kept **MOIST**, so keeping ointment on the wound is important.
4. **Cover with bandage.** Brands that we recommend are Nexicare or Bandaid brand Waterproof with adhesive all around the central pad, or latex-free. It is common for bandage adhesive to be irritating to skin, so alternate the direction of bandage placement daily when possible – horizontally, vertically, etc.

WHAT TO EXPECT AFTER BIOPSY:

- **PAIN** should be minimal when anesthesia wears off. Soreness is possible and should be managed with Tylenol (acetaminophen). If possible, aspirin and ibuprofen should be avoided the day of the procedure, as these medications tend to thin blood and cause oozing. If you are experiencing severe pain, please contact the office.
- **EXERCISE** or activity that significantly increases pulse and blood pressure should be avoided for 24 hours. Tension across the area of the wound can increase the size of your scar and should be avoided/minimized as much as possible for at least 2-4 weeks.
- **SCAR** Of course, every wound heals with a scar, which takes a year to heal permanently. Apply extra sunscreen or wear a bandaid over your scar for the first year if exposed to sunlight. If you are concerned about the appearance of your scar, we recommend using Neosporin Scar Solution or Curad Scar Therapy silicone pads that are available over-the-counter once the wound is healed (about 2 weeks). Our office now carries BioCorneum silicone gel with SPF30 that may also be used to optimize the appearance of your scar.

TROUBLESHOOTING:

- **RASH** It is common to experience allergy-like symptoms to bandaid adhesive. If you get a rash in the distribution of your bandage, use TELFA or nonstick pads and paper tape, both available at the pharmacy. We no longer recommend topical antibiotics i.e. Neosporin or Bacitracin, as these cause contact allergic reactions in approximately 10% of patients.
- **REDNESS** of the wound edges and up to 1/4 inch around the wound margin is normal. Clear, light yellow or red oozing is normal and may continue up to 2 weeks.
- **SIGNS OF INFECTION** If a wound becomes hot and tender with increasing redness that spreads beyond 1/4 inch margins, and/or has green or yellow opaque discharge (pus), please contact the office.
- **BLEEDING** Should the wound actively bleed, hold **FIRM** pressure with a clean paper towel on the area for a full 15 minutes and elevate it if possible. If bleeding continues despite these measures, please contact our office at 847.675.9711. Call our office if you have any other questions or concerns.