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Biopsy Wound Care

Please review the following guidelines to help your biopsy wound heal quickly, successfully and with less scarring:

Cleaning

- Gently remove the bandage on the morning following your biopsy. Gently clean the area with an antibacterial soap and water. Do not spray water directly into the wound. Rather, gently run water over the wound to rinse off soap. Pat the area dry.
- Apply a film of ointment (Vaseline or Aquaphor Healing Ointment) to the site with a Q-tip or directly to the bandage. If using Vaseline, buy new Vaseline if the supply you already have is more than three months old.
- Cover the area with a Bandaid. If the area is too large to be covered with a Bandaid, use Telfa and paper tape to bandage the wound. Your pharmacy will have these supplies.

Repeat every 24 hours until you return for suture removal.

Sutures

- If you had a biopsy with sutures, you must be careful NOT to overstretch the area. As the wound heals, it will be weaker than the surrounding skin and can 'pop open' if stretched too much. Do not shave the area until the stitches are removed. This could unintentionally remove the sutures.
- Arrange your schedule so that the area of the body biopsied will be relatively inactive for two weeks following the biopsy. This usually applies to exercise routines or sports activities. Avoid heaving lifting.
- If the wound is on the lower leg, keep the affected leg elevated to the level of the hip as much as possible and avoid unnecessary walking. This is to avoid excessive swelling and slow wound healing.

Bleeding/Pain

- Occasionally wounds bleed. Almost always, this bleeding can be stopped by applying pressure to the area for 10 minutes. NO PEEKING! After you have been applying pressure for 10 minutes, using a clock to keep time, slowly let up the pressure to see if the wound is still bleeding.
- If bleeding continues, hold pressure for an additional 10 minutes. If the bleeding continues, please call the office during normal business hours. Call the office or the physician directly if it is after hours.
- Mild discomfort and swelling can be encountered during the healing process. This usually occurs 6-24 hours after biopsy. Take Tylenol as needed.

Infection

- Even though all efforts are taken to eliminate infections, occasionally wounds do become infected. A little redness around the wound is normal.
- Call our office for any signs of infection, which include: Increasing redness, extending greater than 1/4" around the wound, tenderness, pain or warmth of surrounding skin, drainage of fluid or pus and fever.