



Minor Procedure Wound Care Instructions

Biopsy, Removal, or ED&C (“Burn & Scrape”)

- Keep the wound as dry as possible for 24 hours. You then may begin bathing but avoid lakes, rivers, hot tubs or public swimming pools for at least one week. Avoid strenuous exercise for at least 24 hours.
- Clean the wound with soap and warm water once or twice daily. Apply a moderate amount of Vaseline or Polysporin (NOT NEOSPORIN) and a fresh bandage each time until healed.
 - Average wound healing times:
 - Face: 3-7 days
 - Scalp, neck, trunk: 7-14 days
 - Arms, legs, hands, feet: 4-6 weeks
- Some patients develop an irritant or allergic reaction to bandages (adhesive material). If this occurs, use paper tape and gauze.
- After you finish wearing the bandage it is helpful to rub in a tiny amount of Vaseline ointment twice daily for an additional week to keep the wound soft and free of germs.
- What to expect:
 - Effects of the numbing medication will wear off in 1-2 hours. If you need pain medication, Tylenol is the best choice as ibuprofen/ aspirin can increase bleeding.
 - A small amount of bloody drainage is normal. If you experience active bleeding, remove the dressing and apply direct pressure for 10 minutes. If you continue to have active bleeding or develop pain, pus, or fever, please call the office.
 - Most healing wounds have a yellow appearance before the top layer of skin grows back and this is normal. Wounds on the lower leg and forearms heal very slowly and may take several weeks or more to completely heal.
 - If pathology was sent, your results should be ready in 10-14 business days. If you have not received your results in 2 weeks, then you need to contact us.

YOU HAVE A STITCH(ES) THAT NEED TO BE REMOVED IN ____ DAYS AT OUR OFFICE/ AT HOME

Cryotherapy (“Freezing”)

- It is normal for the site to be red, swollen and develop a blister the of your appointment. You may pop the blister with a sterile needle and drain the fluid if it becomes uncomfortable. Leave the roof of the blister in place.
- Cleanse the wound with gentle soap and water once a day. Do not scrub the area.
- Apply Vaseline or Polysporin (NOT NEOSPORIN) to the site twice daily. A bandage should be applied if the area becomes blistered or irritated.
- Some patients develop an irritant or allergic reaction to bandages. If this occurs, use paper tape and gauze.
- If you notice any signs of infection such as fever, foul smells, marked redness, swelling, or pain, call our office.

Please call us if you have any concerns or questions regarding your procedure or biopsy results!