



## Biopsy / Wound Care Instructions

### With Waterproof Bandage:

1. Keep waterproof bandage in place for 1 week undisturbed. Ok to exercise, swim and shower.
2. Check periodically to see if the bandage loses its seal. It may need to be changed if it loses its seal or if it becomes blood-soaked.
3. After one week, remove the bandage, cleanse the wound gently with soap and water or saline wound cleanser, allow to dry completely, and apply a thick amount of ointment (Biafine, Polysporin, Bacitracin, Aquaphor, Vaseline, or Neosporin\*) to the area and apply a new waterproof bandage or regular bandage. If you switch to a regular bandage, follow the regular bandage instructions (see next column) for 1 additional week.  
\*Can cause mild allergic reaction.
4. Once skin has formed over the wound, no further bandages/ointment are needed, usually after 2 weeks, but wounds on back and lower legs may take 3-4 weeks to fully heal.
5. To minimize scarring even further, try ScarAway Silicone Sheets for 1-2 months once scab has fully resolved.

### With Regular Bandage:

1. Leave bandage on and keep the area dry until the next day to prevent bleeding.
2. The next day, remove bandage and clean gently with soap and water. You may shower at this point. Do not clean with hydrogen peroxide (unless step 5 occurs).
3. Apply a thick amount of ointment (Biafine, Polysporin, Bacitracin, Aquaphor, Vaseline, or Neosporin\*) to the area and apply a bandage.  
\*Can cause a mild allergic reaction.
4. Repeat this procedure once a day (cleanse, ointment, fresh bandage) for 1 to 2 weeks or until the site has healed. Wounds on the back and lower legs may take 3 to 4 weeks to heal fully.
5. If your wound develops increasing drainage or tenderness, apply hydrogen peroxide before ointment using a Q-tip after step 2 for 2 days. If this does not help or if you develop an increase in pain, redness, swelling, or discharge, please call our office so we can evaluate the site.
6. To minimize scarring even further, you can try ScarAway Silicone Sheets and use for 1-2 months once scab has fully resolved

### Notes:

- If bleeding persists, apply steady pressure for 5-10 minutes. When bleeding has stopped, you may apply a new waterproof bandage.
- If the wound becomes painful after 3 days, call the office as this may be the first sign of infection.
- If instructions are followed closely, the wound will develop a soft yellow covering (non-dried scab) with a thin rim of pinkness. Compared to a hard scab, this allows faster healing, less scarring, and is not a sign of infection.
- We typically have final pathology results back in 2-3 weeks. We will call to inform you of your results.
- Protect your healing site from all sun exposure - cover it with a bandage or SPF w/ zinc when outdoors.
- Please note your bill is not complete. You will receive a separate charge for the pathology