Wound Care and Care of Stitches

For Suture Removal, return to the clinic in _______ days, on ________, at ________.

**BIOPSY SITE CARE:**
1. Keep the initial dressing bandage dry and in place for 24 hours.
2. Wash your hands before and after changing the dressing. Remove bandage and cleanse area gently, with soapy water on your hands, while bathing, or at the sink. A washcloth is too rough for the new wound. A wet gauze or wet cotton swab (like Q tip) can be used to very gently remove dry blood or slimy material. Pat area dry.
3. Apply a small amount of Vaseline Petrolatum Ointment or Aquaphor ointment, once or twice a day (there is no need for antibiotic ointment) and cover with a Band-Aid or non stick guaze pad and tape. **This keeps the site moist and will heal better.** Try to prevent a scab from forming. This slows down the healing process. If your biopsy site is located in hair of scalp or groin, then apply thick layer of ointment every 1 hour.
4. Cover area with a bandage or band aid until healed. When no longer applying Vaseline and covering the site, apply a sun screen with an SPF of #30, it the area is exposed to sun. This will protect the new skin from sun burn and possible permanent discoloration. **Continue this care DAILY,** until the wound is healed or until you return to the clinic.

**WOUND CARE GUIDE AFTER SURGERY:**
1. **No Aspirin:** Use only Tylenol for pain. Aspirin products and other medications such as Ibuprofen, promote bleeding, so refrain from using them.
2. **Apply Ice:** To the wound site. Wrap a thin washcloth or towel around a commercial ice pack or ice in a waterproof bag. Apply for 20 minutes on the wound, 30 minutes off, until you go to bed. Applying the ice pack will help alleviate some of the pain, and minimize the swelling and bruising.
3. **No Smoking or Drinking:** They may increase the risk of bleeding.
4. **No Strenuous Activities:** Relax and take it easy tonight. No exercise or excessive physical activity until approved by your physician.
5. **Elevate the Area:** Elevate the wound site to a level above your heart. In most cases this may be accomplished by putting an extra pillow under the affected area. At night, try to sleep on the unaffected side, to help minimize the bruising.
6. **If the Bandage becomes Dark or Red:** Fold a clean wash cloth and apply direct, firm pressure on top of the bandage. Do this for 15 minutes continuously, without looking underneath. Do this for 2 consecutive 15 minute sessions and the bleeding should stop. If it does not stop bleeding, call the doctor.
7. **Do not soak the wound in a bath tub, or swimming pool,** until the stitches have been removed.

It is normal for the wound to form a small amount of white mucous on the surface, to ooze slightly, and to develop a narrow, red rim around it. It the wound becomes progressively painful, or redness extends for more than half an inch beyond the site, call for an appointment. This could occur up to 4 weeks after the biopsy or excision.

Biopsy results are usually back in 1-2 weeks. We will notify you of the results. If further treatment is needed a plan will be discussed at that time. Please call if you haven’t heard from us in 3 weeks.