

INTEGRATED DERMATOLOGY

OF TIDEWATER

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Wound Care after a Biopsy or Surgery

Basic Principle: a covered biopsy or surgical wound using ointment will heal better than a dry, open wound.

- Remove the band-aid or dressing after 1 or 2 days
- Change the dressing DAILY with Vaseline or Bacitracin **NOT** NEOSPORIN.
- If the wound is on a hairy area or in a location that is difficult to maintain a band-aid, apply the ointment a few times daily to keep the area moist
- Old band-aids and dressing come off easier in the shower. After the shower, gently pad or blot dry the area, apply ointment and then cover with an appropriate band-aid or gauze dressing. This should be continued daily until the wound is healed.
- Tylenol (acetaminophen), Advil (ibuprofen) may be taken for pain as needed.
- Aquaphor or Vaseline may be used instead of antibiotic ointment after the first few days to a week of wound care.
- Avoid pools, hot tubs and lakes as they can lead to wound infections.
- Avoid exercise initially as it can lead to bleeding.
- For men, if the surgical site is on the beard area, please be cautious not to shave off the stitches.
- YOUR BIOPSY RESULTS WILL BE AVAILABLE IN APPROXIMATELY TWO (2) WEEKS. IF YOU HAVE NOT BEEN INFORMED OF THE RESULTS WITHIN TWO (2) WEEKS, PLEASE CALL OUR OFFICE.
- Please note: Laboratory work (biopsy, cultures or blood work) will be billed separately from the doctor's bill. If you have any questions/problems regarding your laboratory bill, you must contact the lab.
- If you have any concerns or questions, please feel free to call us: 461-1033