



Rancho Cordova, Roseville and Sacramento Dermatology

Care Instructions following a biopsy

Leave the bandage on for 24 hours. Remove the bandage. Using clean fingers or a wash cloth and using a **mild, non- scented** soap, e.g. Dove, and warm water, wash the area to remove any crust or scab and all old ointment. Rinse well and pat dry. Apply a thin layer of Vaseline (petrolatum jelly) or Aquaphor Healing Ointment. Apply a bandage or band aid large enough to prevent adhesive from sticking to the open wound. It does not matter what shape of band aid you use. Repeat daily.

If there are no stitches the biopsy usually takes 2-3 weeks to heal for most people. If it is on the lower leg then it can take a month or longer to heal.

If there are stitches, limit activity and stretching; this can lead to bleeding or sutures coming loose.

For face, forehead and scalp area: You may have bruising on the cheeks, neck and chest areas. You may also have puffy or swollen eyelids. Apply an ice compress for 10-15 minutes every hour as needed. A bag of frozen peas or an ice pack wrapped in a thin towel can be used. Do not sleep lying flat for the first few days to help decrease swelling. If there are stitches on the head or neck, do not bend over at the waist.

For lower legs: If there are stitches is on the lower leg, elevate the wound ABOVE THE HEART for 2+ hours at a time and may improve healing. If you notice swelling increasing as the day progresses and the swelling is down the next morning that probably means you are doing too much during the day.

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General information for wounds

If the wound bleeds, apply firm direct pressure on area for 15 minutes. You may need to repeat this twice. Do not lift up and "peek at the wound" during this time. If it does not stop bleeding, call us.

For pain, you may take Acetaminophen (Tylenol) as directed if OK with your medical conditions.

You will need to purchase additional ointment and band aids if you do not have them at home.

1. It is normal for bruising to appear on or around the wound site.
2. If you develop a rash where the adhesive of the band aid has contact with the skin, Please remove the bandage and apply Vaseline to the rash 3 - 4 times a day for a week or two.
3. Watch for infection. Signs of infection are: redness (like color of red, raw beef) that is spreading outward, increasing pain, increased swelling in the area, pus, and increased warmth at the site. If these occur please contact us.
4. It is normal to have pinkness at the cut of the wound and where the stitches are inserted, but the pinkness should not increase in size.
5. It is normal to have a yellow color on the band aid or at base of an open wound. A yellow color is not always a sign of infection.

Please DO NOT do the following:

Do Not use Neosporin, Polysporin, Double, or Triple Antibiotic ointment.
These products are known to cause an irritation.

Do Not use a soap that has a scent to it. It can cause irritation to the area.

Do Not clean the area with Hydrogen Peroxide or Alcohol

Do Not leave it “open to air” or let crusting material accumulate on the surgical area.

Do Not apply Vitamin E or Aloe Vera Products on the area.

Do Not apply 1% Hydrocortisone on the surgical site itself.

Do Not use spa, hot tub, or sauna.

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Monday-Friday	8:30am - 4:00pm	Dermatology	916 631 – 3010
Weekends, evenings, and holidays		Medical Advice	916 631 - 3040

Suture Removal Appointment

Day _____ **Date** _____ **Time** _____