

Dr. A.G. Erlank Inc. Dr. J.J. Le Roux Inc.

## SKIN BIOPSY OR EXCISION AFTERCARE – Dr. JJ LE ROUX

**BOOK SUTURE REMOVAL APPOINTMENT IN: 7 10 14 days**

- Use wound tape (get tape and instructions at front desk) \_\_
- Keep the wound as dry as possible after the procedure and **keep the original dressing on for 5-7 days.**
- Most Tegaderm (transparent plastic) dressings should be water resistant with gentle shower or washing.
- **Bleeding** should settle with 15 – 20 minutes of continuous pressure. If not, call the clinic. Bruising is normal, this could worsen over the first two days and then gradually settle down.
- Some **pain and discomfort may occur**, usually very mild. Take Tylenol as directed.
- **Do not take Aspirin or Ibuprofen for the first 3 days following surgery.**
- **No alcohol for 3 days (it interferes with wound healing)**
- **Reduce activity for 7 days** after the procedure. Limit exercise and be careful bending down. This will avoid bleeding in the site of the surgery.

### **WOUND CARE INSTRUCTIONS**

- **Remove the dressing** and, if present, any gauze padding underneath **after 5-7 days.** Gently wash the wound with saline (1 cup water + ½ tsp. salt) and sterile gauze or Q-tips to clean of any dried blood and residue from the original dressing.
- Use a Q-tip to apply anti-biotic **ointment** (Polysporin/Fucidin/Bactroban) twice a day on the wound and continue up to 2 weeks following the procedure.
- Most **biopsy sites** will have **sutures** in place. You may shower normally and get water on the wound after 5 days but do not immerse the area in water (i.e. no swimming or baths) until the stitches have been removed or until 2 weeks if absorbable sutures were used. No wound covering is needed if there are no drainage or bleeding from the wound. If you have been instructed to tape the wound start doing it after 7 days.
- For **smaller wounds or shave excisions** left to **heal by secondary intent** (no sutures), you can clean the wound gently daily with saline and apply anti-biotic ointment. Cover with a dressing that is adhesive on all four sides (also known as an island dressing) or gauze and tape. Keep the wound covered until it is healed – treat it as a deep abrasion or “scrape” wound.
- If there is any concern with regards to **possible infection (increasing pain, swelling, redness and or pus)**, please give us a call to come in for a wound check.
- For optimum wound healing, you can continue applying **Bio-Oil**, Vaseline or your usual moisturizer at night on the wound for up to 3 months after removal of sutures.

**\*If a biopsy was performed you will always be informed of the result either in person or by telephone.**

**\*If by 6-8 weeks after the procedure you have not been contacted with regards to results, please contact our office to follow up on this.**

