



Post Biopsy Instruction Form

How do I care for my biopsy site?

- Remove the band-aid or gauze dressing within 24 hours.
- It is ok to shower and wash with a mild soap once the dressing is off. Dove[®], CeraVe[®] or Purpose[®] do not have perfumes or dyes.
- Wash the area gently, do not rub or scrape the site. Allow soap and water to run over the wound to clean the area, a washcloth will irritate it and fingers touching the wound can lead to infection. Pat the site dry.
- Put Aquaphor[®] or Vaseline[®] ointment (from new tube) on the area every day. You want to make sure the site is moist. If you see that the area is dry, apply the ointment again.
- You do not want a scab to form. You should keep the area covered with a thin layer of ointment at all times until the site is completely healed (usually 10 days). The ointment is more important than a bandaid or dressing, however it should be covered in “dirty environments.”
- If a shave biopsy was done, the wound will take as long as a scraped knee to heal. You should apply ointment. A scab may form, but do not pick it. You do not need to cover the area with a gauze pad as long as the site is covered with ointment at all times. If your biopsy site is below the neck and clothes will touch the wound, you may cover the area with dry gauze/ bandaid (over the ointment).

Can I resume my usual activities?

- Avoid exercise, bending, straining, or lifting any heavy objects the day of the biopsy and the day after if those activities are painful to the site of the biopsy.

Do I need to come back for another office visit?

- If a suture was placed, you will have to come back to have it removed in 5-7 days.

How will I find out results of the biopsy?

- The report of your biopsy takes 7-14 days. We will call you to discuss the results. We can only give you the results, but we may leave a message for you to call us with those who answer your phone or on an answering machine. If you would not like us to leave a message, please tell us so.

Will I have pain after surgery?

- Most patients do not have a great deal of pain after the biopsy. If you have discomfort, you should take Tylenol® (acetaminophen) and apply ice to the area for 10 minutes.
- Do I have to avoid alcohol or certain medicines after surgery? Yes, you should avoid alcohol and the medicines below for 1 week after procedure as they may increase chance of bleeding: Ibuprofen (Motrin®, Advil®) · Naproxen (Aleve®, Naprosyn®) · Vitamin E · Fish oil · Products that have aspirin in them · Aspirin Unless your cardiologist or your primary doctor prescribes it as a daily medicine.

When should I call my doctor?

Call us if you have:

- Pain that gets worse a few days after the procedure
- A lot of swelling
- Bleeding which persists.
- If you have bleeding, apply firm pressure over the gauze pad for 20 minutes. If it doesn't stop after 20 minutes, apply pressure again for 20 minutes. If after 40 minutes, bleeding persists, call us or go to the nearest urgent care/emergency center. It is normal to have some blood on your gauze pad after the procedure.
- A temperature above 100.5 °F for 24 hours
- Redness, warmth, swelling, pus-like drainage at site.