

## WOUND CARE INSTRUCTIONS

You should take special care of the biopsy site (s) to prevent infection and undue scar formation. The dressing applied in our office when the biopsy was performed should be removed after 24 hours. You may shower or bathe at this time.

### The A-B-C's.....

**"A"** Cleanse the wound with rubbing **ALCOHOL** twice a day. If this is too irritating, a liquid wash such as Cetaphil is recommended.

**"B"** After cleansing, apply a thin layer of **BACITRACIN**-this helps to prevent scab formation and infection. This topical antibiotic will keep the wound moist and help with healing. Neosporin may be substituted, but some patients develop redness, swelling and/or itching when using this product-it may be an allergic reaction.

**"C"** Keep wounds **COVERED** with a band-aid until wound is completely healed-usually about 2 weeks on the body, one week to 10 days on the face. Wounds on legs may take even longer. For small biopsy sites on the face, Clear Spot brand band-aids work well.

It is normal for there to be a red ring around the wound during healing. This is **NOT** a sign of infection. Mild oozing is normal for the first several days. If the wound is very painful, unusually swollen, warm, or there is pus, please contact the office as you may require antibiotic treatment. Wounds are initially a pink or red color. The redness will slowly fade and usually the area will appear a little lighter in color than surrounding skin. After the initial healing process, if you develop a raised scar, please contact us. Such hypertrophic scars are known as "keloids." They can usually be treated in our office with a cortisone injection.

If your skin becomes irritated from the **band-aids**, we suggest you purchase ones that are made for sensitive skin. Telfa (non-stick) pads with paper tape can also be used. Over-the counter cortisone, such as Cortaid can be used to soothe the band-aid irritation areas. Please call the office if the irritation is severe.

If you experience irritation of the wound, it may be due to an allergic reaction to the antibiotic ointment. We suggest gentle washing with Cetaphil liquid cleanser and applying a thin layer of Aquaphor ointment (a petroleum based product).

### WOUND CARE WITH SUTURES

If Dr. Geller has used sutures, follow the "A-B-C's" as above, but it is important that you avoid strenuous activities that may put tension on the sutures, causing the wound to open, resulting in increased scarring and/or infection. You may be asked to avoid activities such as running, swimming, aerobics and most sports until one week after the sutures are removed.

You will be called with your biopsy results 1-2 days after your visit. Some insurance companies require your slides be evaluated by an outside lab, which may take up to 10 days.

If you have any questions about your wound care or biopsies, please do not hesitate to call our office at **(908) 879-8800**.

As always, please remember to wear sunscreen with an SPF of 30 and a hat when outdoors.