

TWIN PEAKS DERMATOLOGY, PC

JOHN FUESTON, MD

DIPLOMATE AMERICAN BOARD OF DERMATOLOGY FELLOW AMERICAN ACADEMY OF DERMATOLOGY

POST-BIOPSY INSTRUCTIONS

1. Keep the Band-Aid/bandage applied in the office on for 12 hours. Then the bandage may be removed, the area cleaned with a mild soap and water, ointment applied as detailed below, and a new bandage applied. Please continue to change the bandage twice a day until the area has healed with a scar and there is no ulcer left.
2. You may shower 12 hours after the biopsy, but please do not swim or take a bath until the wound is completely healed. While in the shower please avoid spraying water directly onto the wound. You may use a mild soap and water to gently clean the area. After showering, pat the area dry with a clean towel and then place an ointment and bandage as described below.
3. Apply Neosporin twice a day once you start dressing changes. If you are allergic to Neosporin you can substitute Polysporin, Bacitracin, Vaseline, or Aquaphor instead.
4. If you are getting a rash from the Band-Aids, you may instead make a bandage using regular gauze or Telfa pads (non-adhering gauze) secured in place with paper tape. These items are available at all pharmacies. Paper tape is much less irritating to the skin than Band-Aids.
5. Healing may take several weeks for non-sutured biopsies. If your biopsy has a self-dissolving suture this should dissolve by 2 weeks- if it has not, please call the office. Non-dissolving sutures will need to be removed in the office.
6. Pain after a biopsy is usually mild and may be controlled with extra-strength Tylenol. You should avoid pain relievers containing Aspirin, Motrin/Ibuprofen, Aleve/Naproxen for two days following your biopsy because they may cause bleeding. You may continue to take Aspirin if you take it for heart attack or stroke prevention.
7. If your biopsy site starts to bleed, first remove the bloody bandage. Elevate the area if possible. Apply firm pressure for 15 minutes using clean gauze. Do not "peek" before the 15 minutes are up or it will not have time to form a clot. If the bleeding has not stopped by 15 minutes, please call the office.
8. Drainage of a small amount of clear yellow fluid and a little bit of redness around the edge of the biopsy site is normal. Call immediately if you have unexplained fever, excessive swelling or pain, red streaks radiating from the biopsy site, an inch or more of redness around the site, or drainage of pus as these are the signs of infection.
9. If you have any questions, please call the office at 303-485-8913.

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