



DERMATOLOGY
SPECIALISTS

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Care Following Skin Biopsy

Begin wound care on the morning after you've had a skin biopsy by following these instructions:

- Wash your hands with soap and water.
- Gently remove the bandage and clean the wound with soap and water. This may be done in the shower.
- Pat the wound and the skin around it dry with a clean washcloth.
- Gently apply petroleum jelly or Aquaphor to the wound. This will keep the wound moist. A moist wound heals faster.
- Cover the wound with an adhesive bandage or sterile gauze and paper tape.
- Repeat the above steps every day until the wound has healed. Most wounds will heal in 7 to 10 days. Biopsies on legs usually take longer to heal.

Until the wound heals, you should stay out of swimming pools, hot tubs, lakes, and oceans. This helps prevent infection. You may shower or bathe as usual. You should always apply a fresh bandage after showering or if the bandage becomes wet.

If you have stitches, continue the daily wound care as listed above until your stitches are removed. Please make a note of your suture removal appointment information here:

DATE: _____ TIME: _____

Itching – A little itching is a normal part of wound healing but can be improved by making sure that the wound is not too dry. Be sure to apply plenty of petroleum jelly every time you care for the wound. Itching with redness around the wound may be a sign of an allergic reaction. If you are using an antibiotic ointment, stop and use petroleum jelly instead. If the skin looks irritated where the adhesive bandage contacts the skin, you can change to non-stick gauze and paper tape to cover the wound.

Bleeding – If the wound starts to bleed, apply firm and steady pressure for 20 minutes continuously. Don't remove the original bandage to check to see if the wound is still bleeding. Apply extra gauze and tape over the original bandage once the bleeding has stopped. If the wound is still bleeding after 20 minutes, call our office.

Pain – You may have some discomfort after a skin biopsy. Acetaminophen and ice are both good options to relieve minor biopsy related pain.

Infection – Worsening pain, increased swelling, warmth, drainage with pus or fever are signs of an infection. If you develop any of these, call the office right away.

Liquid Nitrogen Care

Areas treated with liquid nitrogen spray will usually become red and a little swollen. A blister may also form. If the blister is uncomfortable, you may puncture it with a sterile needle (one that has been cleaned with rubbing alcohol). Do not remove the top of the blister. **If liquid nitrogen was used to treat a wart, be careful as the blister fluid may contain active virus. Immediately wash the area with soap and water if any fluid comes into contact with the skin.**