

Turner Dermatology

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SURGERY AND BIOPSY WOUND CARE INSTRUCTIONS

WOUND CARE:

- 1.** Remove the bandage off the site after one day. Begin gently cleaning the area once a day with soap and water to remove the dried blood or crust.
- 2.** Apply Vaseline or Aquaphor ointment to keep the wound hydrated and to protect it from bacteria and debris. This will also help to speed the healing of the wound. Antibiotic ointments such as Neosporin and Bacitracin are NOT recommended because they may often cause allergic reactions in prolonged use.
- 3.** Apply a bandage. This may be a bandaid or gauze with paper tape. If stitches were used, continue using the ointment until the stitches are removed. If there are no stitches at the wound site, use the ointment until crust is no longer forming. “Drying out” the wound to form a scab is not recommended.

ADDITIONAL CARE INSTRUCTIONS:

If you are medically able and non-allergic you can take Tylenol if you experience pain after the procedure. Avoid aspirin or Motrin as these medications can increase bleeding and bruising. Ice packs may minimize swelling if needed and should be applied over the bandaging. Elevate the part of the body that has had surgery, to minimize bleeding and swelling.

IF YOU HAD STITCHES:

If you had a biopsy or surgery with stitches be careful not to

overstretch the area. This will help avoid breaking of the stitches. Avoid strenuous activity in the first 48 hours to minimize risk of bleeding and plan your schedule so that the area of the body with the wound will not be under tension/stress until the stitches are removed. Avoid heavy lifting, applicable exercise routines or sports activity.

IF YOU START BLEEDING:

If bleeding starts place continuous pressure on the area for 20 minutes. If bleeding continues, hold pressure for an additional 20 minutes. If bleeding still continues contact the office 212-644-8581. If you are unable to reach the doctor for any reason then proceed to an urgent care or emergency department for significant bleeding.

SIGNS OF INFECTION:

A small area of redness immediately surrounding the wound can be a normal part of the healing process. If the redness is traveling outwards away from the wound and if you experience, swelling, pain, pus, or drainage contact the office immediately at 212-644-8581.

BIOPSY RESULTS:

We will notify you as soon as we receive your biopsy results, which can take about 2 weeks or longer if additional studies are required. If you have not heard from us after 2-3 weeks please contact the office at 212-644-8581 or contact us through the patient portal.