

Skin and Laser Surgery Center, P.C. - Amir A. Bajoghli, M.D.

Post Biopsy Wound Care Instructions

1. You may remove the original bandage or dressing after the first 24 hours of the biopsy. After the initial 24 hours you may take a shower but not prior to that time.
2. Change the bandage or dressing twice daily by following these steps:
 - Clean the area gently using **Hydrogen Peroxide** with a clean Q-tip.
 - Using another clean Q-tip, gently dry the area.
 - Apply **Aquaphor Healing Ointment** or **Vaseline** to the bandage prior to applying to the wound.
3. This procedure should be repeated twice each day to ensure the wound stays moist. It is important to apply the ointment so a scab does not form.
4. Avoid the following:
 - Alcohol and aspirin products such as Ecotrin, Bufferin, Motrin, Advil, Nuprin and etc. for two days as they thin the blood and may cause bleeding. **Tylenol** or **Extra Strength Tylenol** may be used for pain relief if needed.
 - Strenuous exercises, physical activities such as heavy lifting should be avoided for the first 2-3 days. Excessive bending and twisting should also be kept to a minimum.
5. If your wound becomes red, warm to touch, painful or begins to drain; please contact the office immediately.
6. If bleeding occurs, remove the dressing and apply direct and constant pressure over the wounded area using gauze or a dry washcloth for 20 minutes. It is important that the amount of pressure used is constant and uninterrupted. Once the appropriate length of time has elapsed and the bleeding continues, contact Dr. Bajoghli at his direct number or **(703) 244-6377** and proceed to the nearest room emergency room unless directed to do otherwise by Dr. Bajoghli.
7. Additional post wound care instructions include:

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Post Operative Wound Care Instructions

1. You may remove the original bandage or dressing after the first 24 hours of the surgery. After the initial 24 hours you may take a shower, swim, etc., but not prior to that time.
2. Change the dressing daily by following these steps:
 - Wash hands prior to and after each dressing change
 - Using your fingertips, gently wash the area with soap and water, then clean the wound gently with **hydrogen peroxide** using a clean Q-tip. Pat the area dry.
 - Apply **Aquaphor Healing Ointment** or **Vaseline** to **Telfa** or any non-adherent dressing prior to applying to the wound. Telfa should be approximately the same size as the wound.
 - Place the Telfa covered with ointment over the wound and secure with paper tape.
This procedure should be repeated each day for 7-10 days to ensure the wound stays moist. It is important to apply the ointment to keep the wound moist so a scab does not form.
3. Avoid the following:
 - Alcohol and aspirin products such as Ecotrin, Bufferin, Motrin, Advil, Nuprin and etc. for two days as they thin the blood and may cause bleeding. **Tylenol** or **Extra Strength Tylenol** may be used for pain relief if needed.
 - Strenuous exercises, physical activities such as heavy lifting, and excessive bending and twisting should be avoided until the sutures are removed. Most sports activities should be avoided to include but not limited to golfing, swimming, biking, running, and playing tennis.
4. If your wound becomes red, warm to touch, painful or begins to drain; please contact the office immediately.
5. If bleeding occurs, remove the dressing and apply direct and constant pressure over the wounded area using gauze or a dry washcloth for 20 minutes. It is important that the amount of pressure used is constant and uninterrupted. Once the appropriate length of time has elapsed and the bleeding continues, contact Dr. Bajoghli at his direct number of **(703) 244-6377** and proceed to the nearest emergency room unless directed to do otherwise by Dr. Bajoghli.
6. To help minimize swelling, sleep with 2-3 pillows for the first few nights. Sleep on the unaffected side.
7. Suture removal will be scheduled in 5 7 10 14 days.
8. Begin to massage the scar 2 weeks after suture removal. Gently massage using bare fingers (with or without lotion) in circular motion for 2 to 3 minutes twice a day to help break down the scar tissue and help soften the scar.

Healing Process

During the healing process, you may notice some or all of the following:

Swelling/discoloration/bruising surrounding the surgical site. This is particularly common around the eyes and the face. The bruising and swelling will subside over the next several days.

Sensation of tightness as your wound heals. This is normal and will gradually subside.

Redness/itching of the surgical site and surrounding tissue. This is normal. Vaseline helps relieve itching.

Sensitivity to temperature changes. This will improve with time but try to avoid temperature extremes.

Signs of Complications

Severe pain with swelling that is not controlled with Tylenol may indicate bleeding under the skin

- Pain that worsens each day rather than improving may indicate another complication
- Severe itching with extensive redness may indicate infection or sensitivity to the dressing ointment or tape

Call our office immediately if you experience what you believe to be a complication as described.

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