



PATIENT & CAREGIVER EDUCATION

Caring for Your Wound after Your Skin Biopsy Without Sutures

This information explains how to care for your wound after your skin biopsy without sutures.

You had a biopsy to remove or test a suspicious area of skin or tissue. Caring for your wound after your biopsy is important to help prevent infection and promote healing.

■ Caring for Your Wound at Home

- Leave the bandage on your wound for _____ hours after your procedure and keep it clean and dry.
- Your nurse may recommend that you apply an ice pack to your wound for 10 to 15 minutes several times during the first 24 to 48 hours after your procedure to help reduce bleeding, pain, and swelling.
- You can shower _____ hours after your procedure. Do not allow the shower stream to run over your wound directly. Do not take a bath, go swimming or go into a hot tub until your wound is healed. Do not use your towel to dry your wound. Pat it with a fresh gauze pad instead.

Cleaning your wound

Follow the instructions below to clean your wound daily.

Supplies

- Cotton swabs (Q-tips[®])
 - Nonstick gauze pads
 - _____ ointment
 - Paper tape or a bandage (Band-Aid[®]) that fits the size of your wound
1. Gather your supplies.
 2. Wash your hands with warm water and soap for 15 seconds or use an alcohol-based hand sanitizer.
 3. Clean your wound with _____.
 4. Gently pat your wound dry with a clean gauze pad.
 5. Use cotton swabs to put _____ ointment on your wound.
 6. Cover your wound with a bandage cut to the size of your wound. If you use nonstick gauze, keep it in place with paper tape.
 7. Wash your hands with warm water and soap or use an alcohol-based hand sanitizer.

Follow these instructions for _____ days/weeks or until your wound is healed.

■ Managing Pain

You may have pain or discomfort after your procedure. To relieve your pain or discomfort, take acetaminophen (Tylenol[®]) or Extra Strength Acetaminophen (Extra Strength Tylenol[®]). Follow the dose directions on the package. If this is not enough for pain relief, call your doctor's office.

■ Healing Process

- After several days a scab may form on your wound. If a scab forms, do not remove the scab. It will fall off on its own.
- You may notice a thin, pale yellow film on your wound. It may also have a narrow rim (less than 1/4 of an inch) of pink around it. This is normal.
- You may have discoloration (pinkness or redness) at the site of your wound for up to 1 year after your procedure; some people may have it for even longer. Once your wound has healed, apply a broad-spectrum sunscreen with an SPF of at least 30 to the area to protect it from scarring.

■ Call Your Doctor or Nurse if You Have:

- A temperature of 100.4° F (38° C) or higher
- Chills
- Any of the following symptoms at your wound or the area around it:
 - Increasing redness or swelling
 - Increasing pain or discomfort
 - Bleeding that doesn't stop after applying pressure
 - A pink rim that is greater than 1/4 of an inch
 - Skin that is hard or hot to the touch
 - Yellowish or greenish drainage
 - Foul odor
 - Rash
 - Blistering

If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 9:00 am to 5:00 pm at _____. After 5:00 pm, during the weekend, and on holidays, please call _____. If there's no number listed, or you're not sure, call (212) 639-2000.