

In Office Excision and Biopsy After Care Instructions

Incision Site Care:

- Keep the wound dry today and remove the bandage in 24 hours.
- You may remove the bandage in 24 hours and shower normally, allowing soap and water to run across the wound, but do not scrub, or soak in a tub. Antibacterial soaps such as Dial may be used daily.
- **DO NOT** apply lotions, ointments, or creams to the incision.
- Avoid picking at the wound site, which increases risk of infection and scarring.
- Slight redness, initial tenderness, and clear yellow discharge are normal.

If you have Bleeding:

- Hold firm pressure on the site for 20 minutes continuously. **DO NOT stop** applying pressure to look at the wound. Repeat as needed.
- If bleeding does not stop, apply ice compresses and call our office (or report to the nearest emergency room).

Pain:

- For any wound discomfort you may take:
 - Tylenol (acetaminophen) 500-1000 mg every six hours as needed.
 - Ibuprofen 600 mg every six hours as needed.
- We recommend using an icepack (wrapped in a thin towel or pillowcase) for up to 20 minutes every hour as needed.

Activities to Avoid:

- Avoid contaminated water (bathtub, pool, hot tub, lake, river, ocean,)
- Minimize activity that produces stress to excision site, such as heavy lifting, or heavy sweating.

Watch for Signs of Infection:

- Call the office if you have signs of infection, such as increased tenderness, warmth, spreading redness, swelling, foul discharge, or fever
- Seek urgent medical attention for severe infection, with fever, chills, nausea, or pain radiating from the wound to surrounding tissue.

Next Steps:

- If you have sutures, they will need to be removed in 1-2 weeks, as directed by your provider, but call sooner if you are concerned about your wound.
- If pathology was sent, results will be given at your follow-up visit. Sometimes results may take longer depending on if special stains or testing is needed. If you have not received the results after 14 days, it is important that you contact our office and let us know.