

## POST-PROCEDURE CARE INSTRUCTIONS

*Your provider has performed a biopsy or minor procedure today. The results of this biopsy are typically received in 2-3 weeks. Please allow us the appropriate time to receive and review these results then notify you. Thank you.*

### ❑ Care of Biopsy/Minor Procedure Sites

- Keep the original bandage dry until the following morning.
- Clean the area lightly with a little water and then apply petroleum jelly and a bandage.
- Change the bandage daily until the biopsy site is healed or sutures are removed.
- If sutures were placed, you will need to return in 7-14 days for removal as directed by your provider.
- Some minor redness, swelling and clear discharge is normal. However if there is **severe** redness, swelling, pain or extensive discharge, then this may indicate an infection.
- If signs of infection appear, please call our office immediately.

### ❑ Care of Areas Frozen with Liquid Nitrogen

- A blister usually forms within 6 hours to a few days. It may be large and filled with clear fluid or blood.
- The blisters should be left alone. Cover with Vaseline and a loose Band-Aid only if location is subject to trauma or dirt. The roof of the blister acts as “nature’s Band-Aid”. You may get it wet.
- If the blister breaks, clean with mild soap daily and cover with Vaseline and a Band-Aid.
- Within 2 weeks, a scab will form and then fall off. The area(s) will be dark pink, then light pink, then close to normal skin color. On certain skin types, the area may remain lighter or paler than surrounding skin. In some people, this “hypopigmentation” may persist. This is a normal consequence of this method of treatment.
- For pain, aspirin, Tylenol, or Ibuprofen will help.
- Rarely anything happens. Return for evaluation—a longer freeze or another method will be used.
- It is not uncommon to require a repeat treatment for certain conditions. If the lesion is still present, return for another Liquid Nitrogen treatment when area is completely healed from previous treatment.

### ❑ Skin Surgery Post Op Care

- In 24 hours, remove the dressing when showering or bathing and gently wash the wound with soap and water. Then dress area as instructed in Step 2.
- Twice daily, clean area with soap and water; then apply a thin layer of Vaseline to the area and cover with a Band-Aid or non-stick telfa pad and paper tape. We do not recommend the use of Neosporin or Bacitracin. Continue to follow Step 2 until the wound area heals smooth to the surface (usually 7-14 days).
- Do not allow a thick crust to form. This will increase scarring. If a thick crust develops, use warm compresses for 10 minutes, 2 to 3 times daily to remove the crust and then reapply the Vaseline.
- After a few days, you may leave the area uncovered if it is not in an area that will be traumatized. Keep it moist with Vaseline to hasten healing.
- If Duoderm pads have been recommended, cut a small piece to fit over the wound area and leave in place for 24 to 48 hours. This pad makes its own healing gel and some may ooze out from the edges. This is normal. Change the pad if oozing is excessive.
- Avoid strenuous exercise and heavy lifting for up to 6 to 8 weeks in order to get the best scar result. Avoid direct sun exposure to the surgical site for 6 to 12 months. Protect the area with a strong sunscreen.
- Oozing and some blood from the wound site may occur. Continuous pressure to the wound site for 10 to 15 minutes will stop any bleeding.
- Do not swim for at least 2 days after your surgery. Until the area is completely healed, do not swim in lakes or rivers. Swimming pools are fine. Avoid soaking in the bath until healing is complete.
- Contact our office if any signs of infection occur: pain, heat, excessive redness, swelling, pus or odor.
- The surgical site may remain pink for several months. After the area is completely healed, you may use such scar prevention material as Mederma cream or Neosporin silicone sheeting for up to 1 year.

- If the surgical site develops a thickening scar after 6 to 8 weeks, call the office to schedule an appointment to have the scar examined and to discuss possible treatment options.
- Occasionally, about three weeks after your excision, “spitting suture” may appear as your body rejects the dissolvable, buried stitches. A pimple-like, red, tender bump may appear near the wound edge. You can come to the office if it is bothering you. Left alone, it will resolve on its own.

***All normal results will be notified via e-mail. All other results will receive a call to explain the results, discuss treatment, and or to schedule another appointment. For certain superficial skin cancers and pre-cancers you may be prescribed a cream which, requires subsequent office visits to ensure treatment. You may contact us at the numbers listed below in 3-6 weeks if you have questions regarding your results. Please remember that biopsy results can take up to 2 -3 weeks to be received from the pathology lab and certain labs designated by your insurance may take up to 6 weeks.***

**Centreville: 703-766-5438 | Sterling: 703-450-5959**

***We do send your insurance information to the pathology lab. This may cause you to receive a bill from the lab only if your insurance will not cover this expense. The pathology lab bill is separate from our office but you may contact our office if you have questions regarding these charges.***