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## **POST-OPERATIVE WOUND CARE INSTRUCTIONS**

**NOTE:** If bleeding should occur, apply 20 minutes of constant pressure.

**\*\*Do this with sterile gauze or a clean dry cloth\*\***

### **Surgery **WITHOUT** stitches:**

1. Wash hands with antibacterial soap before caring for the biopsy site.
2. Cleanse the biopsy site daily with RUBBING ALCOHOL (use cotton ball or q-tip)
3. Once the area is dry, apply either: AQUAPHOR or NEOSPORIN or POLYSPORIN ointment or NEOPERICIN only if prescribed.
4. Cover the site with either a BAND-AID or DUODERM EXTRA THIN or TELFA and cut to size of the wound.
5. Change the bandage once daily, preferably after showering for the next 5-7 days. Keep it dry and clean until the wound is healed.

### **Surgery **WITH** stitches:**

## **PLEASE MAKE AN APPOINTMENT 11 DAYS AFTER PROCEDURE FOR SUTURE REMOVAL OR AS DIRECTED BY A DOCTOR**

1. Wash hands with antibacterial soap before caring for the biopsy site.
2. Cleanse the biopsy site daily with RUBBING ALCOHOL (use cotton ball or q-tip)
3. Once the area is dry, apply either: PRESCRIBED OINTMENT or AQUAPHOR or NEOSPORIN or POLYSPORIN ointment.
4. Cover the site with either a BAND-AID or DUODERM EXTRA THIN or TELFA and cut to size of the wound.  
**DUODERM EXTRA THIN sheets** are available in the office: 1 sheet= \$20
5. Change the bandage once daily, preferably after showering for the next 5-7 days. Keep it dry and clean until the wound is healed.
6. **PLEASE WAIT 24-48 HRS TO EXERCISE.**

Please note all surgeries may result in a scar and/or red mark or discoloration to the skin. To improve it you may require a laser treatment which is not covered by insurance. Please ask the assistant for more details.