

WOUND CARE INSTRUCTIONS: Biopsy or Excision

1. To prevent bleeding or oozing, the initial dressing should remain in place for 48 hours. If the dressing comes loose before then, retape it carefully. The dressing should be removed after 48 hours. Continue the wound care, as directed below, until the wound is completely healed.
2. The treated area should be cleansed with mild soap and water both in the morning and at night. Let the moisture loosen and/or remove any crusts (do not pull off any crusts). Then rinse gently and pat dry. The first day the wound may be tender, and may bleed slightly or seep a small amount of clear fluid.
3. After cleansing, apply a thin layer Resurfix Healing Ointment (purchase at check out in the office) over the wound. Cover the wound with a Telfa dressing or Band-aid. The goal is to keep the wound moist with the Resurfix ointment-- you do not want thick scabs to form.
4. A small amount of blood on the edges of the dressing the first few days is normal. If bleeding seems persistent and soils the dressing, apply firm, steady pressure over the dressing with gauze for fifteen minutes. This usually stops the bleeding. If bleeding still persists, call our office at (860) 245-0000.
5. Post-operative pain is usually minimal. If necessary, Tylenol usually relieves any pain you may have (take 2 tablets every four hours).
6. For wounds in certain areas (such as legs, arms, back) avoid physical exertion and activities that may stress the wound -- thereby making the scar more cosmetically noticeable. If you are unsure about certain activities, ask Dr. Duke. For facial wounds, keep your head elevated.
7. After 48 hours, you may shower, however, do not let the forceful stream of the shower hit the wound directly. For at least 1-2 weeks, avoid swimming, or soaking in the bathtub.
8. For excisions which have in place a blue or Prolene suture, after removing the pressure dressing at 48 hours, do nothing as the steri-strips placed in the office are all you need. After one week, start to apply Resurfix Healing Ointment (purchase at check-out) to the excision site until your follow up appointment to have the sutures removed.
9. If the wound becomes increasingly red, warm, tender, opens up, drains a pus-like substance, or if you develop a fever or chills, call our office immediately at (860) 245-0000.

FYI: The Pathology lab that *evaluates* your tissue specimen will generate a bill for their services. This bill is a **separate** charge from our office fee for *removing* the biopsy.