

Shave/Punch Biopsy Wound Care

All wounds heal best when kept clean, moist and covered.

The following will promote optimal wound healing and yield the best cosmetic results.

1. Keep the initial bandage dry and in place for at least 24 hours.
 - If bleeding occurs, apply pressure to the wound for 10-15 minutes. If bleeding does not stop, continue applying pressure and contact the office.
2. Clean the wound daily with mild soap and water. After cleansing, gently pat the area dry with a clean cloth.
3. Apply a thin layer of Vaseline or Aquaphor healing ointment to the wound daily. **Do not** use antibiotic based products unless instructed by a physician.
4. Cover the wound with a bandage. If you prefer not to use a bandage, apply a thick layer of Vaseline or Aquaphor healing ointment frequently throughout the day. This will help to prevent the wound from scabbing. ****Allowing the wound to dry will slow the healing process****
5. Repeat this routine daily for 1-2 weeks or until the wound is completely healed.
6. Take acetaminophen (Tylenol) if you experience discomfort. If you are unable to take Tylenol, ask your doctor what medicine to take for pain.

****Punch Biopsy Only****

1. External sutures (blue/black stitch) will need to be removed in 2 weeks.
2. Leave bandage on for 2 days without disturbance.
3. Avoid getting the bandage wet within the 2 day period.
4. After 2 days, gently remove bandage and cleanse the area with warm water and mild soap, allowing the water to do the work and not your fingers or a wash cloth. **DO NOT SCRUB AT THE SUTURE SITE.** This routine should be completed twice daily to prevent crust or scab formation along the stitch line. If the wound is on the scalp you may use a mild shampoo. Pat the area dry after washing.
5. Keep covered with Vaseline or Aquaphor and a bandage until suture removal.

What to Expect:

You should not experience any severe pain. It may become sore, bruised or tender the first night and every night thereafter until healed. It should decrease in pain with time.

Please contact the office at (410) 252-9090 if you experience the follow signs or symptoms:

- Increasing pain in or around the wound.
- Swelling or redness that spreads outward from the wound.
- If you are worried that there might be something wrong.