



WOUND CARE FOR PUNCH BIOPSIES

SUPPLIES:

1. Hydrogen Peroxide
2. Non-stick gauze and paper tape or band-aids
3. Polysporin ointment or petroleum jelly (i.e. Vaseline)

WOUND CARE: Daily care ensures minimal discomfort and scarring, and promotes faster healing.

1. Keep this dressing in place for 48 hours (time to seal the wound).
2. If the dressing gets wet (i.e. in the shower), change it immediately and proceed with the wound care instructions below.
3. Clean each day with hydrogen peroxide on a Q-tip to remove any crust or blood.
4. Roll with a dry Q-tip.
5. Apply petroleum jelly or Polysporin ointment to the stitch.
6. Cover with a bandage to cover the entire wound. If you are allergic to band-aids, substitute with paper tape and non-stick gauze (Tefla).
7. Continue every day until suture removal.

WHAT TO EXPECT POST-OP:

The local anesthesia (numbing medication) wears off within 1-2 hours, after which time you may take Tylenol for any discomfort, although it should be minimal. Avoid Aspirin, Ibuprofen, Advil, Motrin, and Aleve as these may make you bleed more easily.

BLEEDING: If you experience bleeding, hold direct pressure for 10 minutes without looking under the bandage. If bleeding continues, hold firm pressure for another 10 minutes. A light pink discharge is normal. If bleeding continues, call our office (number below).

The skin specimen has been sent to a laboratory for evaluation by a pathologist. This generates a separate charge and you may receive a bill from the lab. Results are usually available within 7-10 days, and unless otherwise instructed, you may call our office for the report.

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