POST BIOPSY WOUND CARE INSTRUCTIONS

* Please keep the bandage we placed intact for at least 12-24 hours
* During healing, please do the following twice a day:
  + Clean your wound with water and gentle soap
  + Apply a thick layer (like icing on a cake) of Polysporin ointment or Vaseline until the wound is completely healed (7-14 days)
  + Cover with the bandage as needed to keep ointment in place (especially for the first 2-3 days).

It is normal to develop a small, non-extending, tender, red ring around the biopsy site.

We ask you to use Polysporin or Vaseline since Neosporin may cause allergic reactions (redness at the site of application) even in the individual who has used it in the past.

* You will be notified of your biopsy results within two weeks.
* Patients needing further treatment will receive a phone call to schedule follow up.
* Benign results will be sent in a letter (simple interpretation and copy of the results for your records).
* After two weeks, if you have not been contacted, please call our office (not sooner please).
* Should you have any other questions regarding wound care, please call our office at (360) 681-6900 and ask to leave a message for the nurse. Someone will contact you after clinic hours.

In depth discussion of results or treatment options, if needed, will be addressed at a follow up appointment.

CYROTHERAPY WOUND CARE (LIQUID NITROGEN FREEZING)

* Liquid Nitrogen is extremely cold (-350°).
* When sprayed on the skin the top skin layer rapidly freezes.
* When you leave our office, the freezing site will probably be red and swollen, and it may sting and itch as it thaws. Expect the site to look worse over the next few days before it gets better.
* Swelling and/or blistering often develop within a couple hours after treatment.
* It is ok to drain the fluid from the blister (use a small clean needle to rupture) but

do not remove the skin.

* Keeping the wound moist with Polysporin or Vaseline will prevent thick scab from forming, which allows the wound to heal quickly and will also minimize scaring.
* It will take about 7-14 days for scab to fall off, leaving pink smooth skin underneath.
* During healing, please do the following twice a day:
  + Clean your wound with water and gentle soap
  + Apply a thick layer (like icing on a cake) of Polysporin ointment or Vaseline until the wound is completely healed (7-14 days)
  + Cover with the bandage as needed to keep ointment in place (especially for the first few days).
* It is normal to develop a small, non-extending, tender, red ring around the blister.
* We ask you to use Polysporin ointment or Vaseline since Neosporin may cause allergic reactions (redness at the site of application) even in the individual who has used it in the past.

AmLactin 12 % cream or lotion:

Daily moisturizing is essential to maintain healthy skin. One of the most effective moisturizers is Am-Lactin 12% lotion or cream. Am-Lactin contains Lactic acid which helps to gently remove dead dry skin

How to use your moisturizers

After bathing/showering pat dry the skin, while skin is still moist apply

Am-Lactin all over body except face and groin area. Am-Lactin may cause a slight tingling feeling (due to the acid content) and has a light sour smell. Am-Lactin can be purchased in any pharmacy or Wal-Mart like store; it is also carried by Costco (next to the pharmacy window).

Other good moisturizers (not as good removing accumulated dry skin) are:

* CeraVe Aveeno Eucerin Cetaphil Lubriderm
* Neutrogena light sesame formula body oil.
* **All results will be sent to the patient portal. If the patient has chosen not to have a portal, the results will be held at the front desk for 30 days for the patient to pick up.**
* **Patients needing further treatment will receive a phone call to schedule a follow up appointment.**
* **If more than 2 weeks have passed and you have not been contacted with results, please check your portal or stop by to pick up your results.**
* **Should you have any questions, please call our office at (360) 681-6900 and ask to leave a message for a nurse. Please give us 24 hours to respond.**

post biopsy wound care instructions 4.18.2017

**POST BIOPSY WOUND CARE INSTRUCTIONS**

* Please keep the bandage that we placed intact for at least 12-24 hours
* During the healing please do the following **twice a day:**
  + Clean your wound with water and soap
  + Apply a gentle non-medicated ointment like Vaniply\* (preferred by your provider) or Vaseline **until wound is completely healed (7-14 days).**
  + Cover with a bandage if needed to keep ointment in place (especially for the first 2-3 days).
  + Antibiotic containing creams may cause allergic reaction

It is normal to develop a small, non-extending, tender, red ring around the biopsy site.

If suture has been placed, you will be given an appointment for removal.

\*Vaniply is available for purchase at the front desk