

POST- BIOPSY WOUND CARE INSTRUCTIONS



INITIAL 24 HOURS

- **Keep it Dry:** Leave the original bandage on for the first full day.
- **Wait to Wash:** Do not shower, swim, or get the area wet until at least 24 hours have passed.

DAILY CLEANING ROUTINE (NEXT 7-10 DAYS)

Repeat these steps once a day to keep the wound moist and prevent thick scabs from forming:

- **Sanitize:** Wash your hands thoroughly before and after touching the area.
- **Clean:** Gently wash the wound using mild soap and water. Use your fingertips, a clean soft washcloth, or a clean cotton pad.
- **Dry:** Gently pat the area dry.
- **Apply Ointment and Cover:** Apply a layer of Vaseline or Aquaphor to the wound and cover with a bandage.



ACTIVITIES AND MEDICATIONS TO AVOID



To prevent bleeding and promote healing, follow these restrictions:

- **Pain Relief:** Take Tylenol (Acetaminophen) for discomfort. You may take 1000mg every 8 hours as needed. If inadequate, take 400-600mg of Ibuprofen every 8 hours in between acetaminophen doses (so every 4 hours you can take pain relievers)
- **Physical Activity:** Protect the biopsy site from trauma, and if you received sutures, be careful with heavy lifting.



WHEN TO CALL THE DOCTOR

Contact the office immediately if you notice signs of infection:

- Increasing redness or warmth
- Significant pain or unusual drainage/pus
- Unbearable pain that Tylenol doesn't help
- A temperature above 100.4 degrees F for 24 hours
- A lot of swelling

HOW TO HANDLE BLEEDING



If the site begins to bleed:

1. Remove the current bandage.
2. Apply firm, continuous pressure with a clean cloth or gauze for a full 15 minutes without stopping/peeking.
3. If bleeding persists after 15 minutes of constant pressure, do it again AND call Dr. Sekhon's office at (301)-202-4707 and if needed head to the nearest emergency room.

SCAR CARE: LOCK OUT UV

New scar tissue turns red or brown. UV exposure can make this darkening persist. Consistent sun protection helps marks fade faster for a cleaner recovery.

1. Level Up Your Sunscreen

Broad-spectrum, water-resistant, SPF 30 or higher. Slather all exposed skin, lips, and the biopsy site (once healed).

2. Block Rays with Barriers

Choose UPF gear or opaque clothing (if light can't pass through it, UV rays can't either). Wear a wide-brimmed hat and closed-toe shoes.

