

Dermatology and Skin Cancer Specialists, PSC

Wound Care Instructions

Biopsies and Surgeries:

1. **For Biopsies**, remove the original dressing the following day.
2. **For Surgeries**, remove the original dressing in 48 hours..
3. Gently cleanse the wound 1-2 times per day with soap and water to keep free of crust. Do not use hydrogen peroxide or alcohol to cleanse as these are too harsh for fragile new skin cells.
4. Apply a thin layer of plain Vaseline, Aquaphor, or Bactroban to the site.
5. Cover with bandage- contrary to popular belief, wounds heal faster and with fewer complications when covered consistently with a bandage.
6. Continue this routine for **7-10 days for biopsy sites**.
7. Continue this routine for **2 weeks for surgical sites**.

Freezing for warts, pre-cancers, and other benign lesions:

1. Liquid nitrogen freezing may cause redness, swelling, and blistering. This is a normal progression.
2. Apply Vaseline, Aquaphor, or Bactroban for the first few days after treatment.
3. Use cool water compress and/or over the counter pain medicine for pain as needed.
4. Additional treatment may be necessary. If any portion of the lesion remains, further treatment is effective within 2-4 weeks before regrowth occurs.

Other tips:

1. Avoid hot tubs, lakes, rivers, and oceans during wound healing to prevent parasites and bacteria from entering wound.
2. **For surgery**, rest the affected area (shoulder, back, arm,etc) for the first 48 hours to help deep healing occur. Avoid heavy lifting, stretching, or repetitive activity during this time.

Don't hesitate to to call our office any time if you have concerns.

Increased pain, swelling, drainage, and redness are causes for concern!

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