



D E R M A T O L O G Y  
S U R G E R Y

## **POST-OPERATIVE INSTRUCTIONS**

### **Routine Care of Biopsy/Surgical Site**

1. Keep the surgical site dry and covered for the first 24 – 48 hours.
2. Tomorrow (or the next day) at the same time, remove your bandage and clean the biopsy/surgical site with rubbing alcohol OR soap & water (e.g. as you shower). Dr. Soni advises that you avoid repeated use of hydrogen peroxide as this may delay wound healing. Although you may shower after 24 hours, avoid soaking the site in water (e.g. pool, jacuzzi, hot tub, bath, etc.) as long as the stitches are in.
3. Pad-dry the area and re-apply plain vaseline or any antibiotic ointment of your choice (e.g. bacitracin, neosporin, triple antibiotic ointment, etc.).
4. Apply a new band-aid or bandage.
5. Change the bandage daily (repeat steps 2 - 4) until the sutures are removed. If the bandage gets wet, change it immediately.

### **Special Instructions**

6. If you experience pain, extra-strength acetaminophen (e.g. Tylenol) is preferred. Do not take aspirin, ibuprofen, Motrin, Advil, Excedrin, Aleve, etc. unless prescribed by your cardiologist. Do not drink any alcoholic beverages. These could cause bleeding.
7. If bleeding occurs, apply firm pressure with gauze/tissue for 15 - 20 minutes without releasing. If you release pressure to “peek,” reset the timer to zero and start again.
8. If you have stitches, avoid any activities (e.g. sports, heavy lifting, etc.) that put undue strain on the wound.
9. If your surgical site is located on an extremity (e.g. hand, wrist, forearm, lower leg, ankle, foot), elevating the area above the level of the heart when sitting and sleeping reduces swelling and pain and improves healing.
10. If you have swelling, you may apply ice or a bag of frozen peas (wrapped in a towel) 10 minutes on, 10 minutes off.
11. Avoid or minimize smoking during the post-operative period, as smoking may impair proper healing and increase the risk of infection of the surgical site.

### **Please call the office if:**

1. bleeding persists from the surgical site even after 2 - 3 20-minute applications of firm, constant pressure.
2. you experience severe pain that is not relieved by Tylenol or pain that worsens day-by-day.
3. there is worsening redness (or red streaks), intense heat, or progressive swelling at or around the biopsy/surgical site.
4. you have fevers, chills, or sweats.
5. there is pus, a yellow or green or foul-smelling discharge, that drains from biopsy/surgical site.

### **Biopsy Results**

All patients are called with biopsy results as soon as the results are ready. If you do not hear from us after two weeks, please call the office at (714) 848-0770.

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