

## POST-OP WOUND CARE INSTRUCTIONS

1. Keep the biopsy site dry and bandaged for \_\_\_\_\_ days. You may then remove the bandage and use mild soap and water to gently cleanse the area.
2. Apply a thin film of antibiotic ointment such as polysporin to the area once or twice a day for 2 weeks. Do NOT use Neosporin because many people are allergic to this and may get a rash. If you have steri-strips (which look like small pieces of tape), apply a thin layer of Polysporin ointment daily over the steri-strips.
3. Cover wound with a band-aid or non-stick TELFA pad (can also be purchased at drug store) until the stitches are removed. If no stitches were placed then keep the wound covered until it is healed.
4. If you have sutures, return to the office for suture removal in \_\_\_\_\_ days.
5. We will notify you of your biopsy results by phone or at the time of your suture removal visit. If you do not hear from us within three weeks of the procedure, please call our office and ask for your biopsy results.
6. Do not exercise or perform activities that may stress or stretch the muscle groups under your wound until after your sutures have been removed. This is not a concern if your wound does not have stitches.
7. If you experience bleeding, apply direct pressure to the area for 10 minutes by the clock and this should cause a clot to form. If bleeding persists, call your doctor.
8. Call your doctor if you develop signs of infection around the wound, such as increasing redness, tenderness, pain or pus coming out of the wound.
9. Do not drink alcohol or take any aspirin or ibuprofen containing products (such as Aleve, Advil, Motrin, etc.) for 48 hours after surgery. If you require medicine to control your pain, take only Extra-Strength Tylenol (acetaminophen) or other medications as prescribed by your doctor.
10. If your doctor prescribed antibiotics, take them for the entire course.