

ISLAND DERMATOLOGY LLC TAKING CARE OF YOUR WOUND

Supplies to care for your wound:

- Ointments such as Vaseline or Aquaphor (can be found over the counter)
- Bandages or gauze pads and tape if your skin is sensitive to bandage adhesive

Caring for your wound:

- Keep the bandage in place for 24 hours after the procedure. Do not get the site wet for 24 hours after the procedure. If your wound bleeds enough to soak through the bandage, do not remove the bandage. Instead, apply a clean gauze or new bandage over top of the original bandage to enforce it.
- After 24 hours, you may remove the bandage and shower as normal
- Starting on day 2 and continuing for a least 1-2 weeks following your procedure:
 - remove the bandage
 - wash your hands
 - wash the wound gently with a mild soap and warm water to remove any dried blood or excess crusting. Do not scrub the wound bed. Gently dry the wound by patting it with a clean towel or gauze pad.
 - Apply fresh ointment and a new bandage
 - Wash your hands
- Refrain from immersing the wound in a tub, jacuzzi, hot tub, pool, or the ocean for at least 1 week, 2 weeks is preferred
- Keep ointment on the wound until the wound is healing. Keeping the wound moist prevents thick scab formation which is destructive to wound healing and can increase the appearance of your scar.
- Pain at this site is typically minimal. You may take over the counter pain relievers every 4-6 hours if needed, if you don't have any health conditions that make you a poor candidate for these (if you are unsure, please check with your primary care provider first). If you choose to take over the counter pain medication, Acetaminophen (Tylenol) is preferred.

Punch biopsy and excision sites:

- Avoid stretching or straining the area
- If you have stitches, make sure you have a follow up appointment to have them removed within 5-14 days (this will be specified by your provider). If you do not have an appointment for this, please call 808-323-2608

Normal healing of wound sites:

- Mild redness (up to ¼ inch around the surgical site) and swelling is normal
- Shave biopsy sites will have a moist, yellow or pink center and possibly a small amount of clear to yellowish oozing
- It may take a shave biopsy site 2-6 weeks to heal, depending on the size of the wound and location on the body
- It may take a year for a scar to fully mature. Everyone heals differently. The final appearance of your scar will depend on your individual healing abilities.
- Bleeding: if post-procedure bleeding occurs, elevate the site and hold firm pressure over the bandage for 20 consecutive minutes. If bleeding continues after two cycles of 20 minutes of applied pressure, call the office or go to the nearest Urgent Care or ER.

When to be concerned:

- If bleeding does not stop after two 20-minute cycles of uninterrupted pressure
- If there is a lump (golf-ball size) under the site. This could be a collection of blood called a hematoma and will need to be evaluated by a medical provider.
- If an opening occurs in the wound.
- If signs of infection occur:
 - Worsening pain that is not relieved by Acetaminophen or Tylenol
 - Severe Inflammation-spreading redness, swelling or warmth last more than 24 hours
 - Green or yellow drainage or a foul smell coming from the wound
 - Fever of 100 degrees or higher

Note: All biopsies are evaluated by Hawaii pathology. If you have not been contacted within 2 weeks of your biopsy regarding your results, it is your responsibility to contact our office at (808) 323-2608.