

INTEGRATED DERMATOLOGY OF NJ

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POST-PROCEDURE AND POST-BIOPSY INSTRUCTIONS

1. A dressing has been placed over the biopsy/operative site. If sutures were placed, please leave this dressing in place for 24-48 hours, and do not allow the site to get soaking wet during the first day. If sutures were not placed, you may change the dressing at any time (usually done following your next shower/bath).
2. After removing the dressing, you may gently cleanse the area daily with soap and water in the shower. After gently patting dry, apply an over-the-counter ointment such as Aquaphor or Vaseline, and cover with a bandaid. Make sure that the non-sticky ("middle") part of the bandaid is over the healing wound. A wound kept moist with an ointment hurts less and heals with a better scar than one that is allowed to dry out.
3. If you experience pain or soreness (which may normally occur), you may take Tylenol every 4-6 hours as per the product's instructions. AVOID additional Aspirin, Advil/Motrin/Ibuprofen for pain, as these may increase bleeding.
4. If any bleeding is noted, apply firm, direct pressure to the area for 15 minutes (please time a full 15 minutes of pressure). If this does not stop the bleeding, call the office at 732-390-1883.
5. After initial healing (approximately 1-2 weeks, or when the skin has "re-epithelialized" with a new skin covering and is not raw), you may use an over-the-counter product containing silicone gel, such as Scar-Guard, Kelo-cote or Serica to minimize the scar. Serica is available at Walgreens in the First Aid section (or online at walgreens.com). Follow the product's instructions for use.
6. All scars mature and improve over many months. Please try to keep the scar away from the sun, covered with clothing and/or broad-spectrum sunscreen (at least SPF 30 and higher). If you are concerned about the appearance of the scar, or if the scar is itchy, painful or enlarges, please follow-up at the office.

Notice Regarding Pathology Laboratory Billing:

If skin tissue was removed today, it may be sent to an in-network dermatopathology laboratory. Please note that the dermatopathology laboratory has fees for processing and interpreting the specimen, which is in addition to the fees for removing the skin tissue. The lab will submit charges for their services to your primary and secondary insurers. Although you should not be charged for out-of-network fees, you may be charged for deductibles and copays. If you have questions about a bill that you received from the laboratory, please call the lab directly at the number that appears on the bill.