



Post Biopsy and ED&C Wound Care

Materials needed:

- Vaseline ointment (**NEW** Tube/Jar, Not to be used for any other purpose). NOT Bacitracin or Neosporin.
- Hydrogen peroxide
- Q-tips
- Non-stick pads (Telfa) or bandaids of appropriate size
- Medical grade paper tape
- Isopropyl Rubbing Alcohol and cotton balls (you may or may not need this)

Post-op days 1:

- Keep the dressing in place for approximately 24 hours.
- Do not get this dressing wet under any circumstances until you are ready to remove it.
- Please take it easy for the first day after the procedure. You are at risk for post operative bleeding if you “over do it”.
- **It is preferred if you limit your sports activities.**
- If you were prescribed oral antibiotics please take as recommended.
- It is best to avoid strenuous activity such as vigorous exercise, bending, stooping, straining or lifting for the first day following the procedure. Sometimes these activities can activate bleeding from the surgical site.

Approximately 24 hours post-op:

- **Thoroughly wash your hands with soap and water and completely dry them before performing any dressing changes.** To remove the dressing you can lift one of the corners of the dressing and then use hydrogen peroxide soaked Q-tips to loosen the adhesive as you gently remove the dressing. Alternatively you can get the dressing wet and soft in the shower, which will make it easier to remove without pulling on the skin. Do NOT tear the dressing off rapidly as you could rip the skin.

Post-op day 2-fully healed wound:

- Limit activities based on the location of the wound and how it is healing.
- Once the dressing has been removed you should use hydrogen peroxide soaked Q-tips to loosen any crusting along the wound edge. Do not soak the wound with peroxide, please use only enough to remove the crusts. If there is no crusting then peroxide is not necessary. **Scabs are BAD** and inhibit proper wound healing. All scabs must be gently loosened and removed.
- You can get the wound wet in the shower.
- Gently dry the area with sterile gauze pads.
- Apply a **THICK layer of Vaseline ointment.** This is perhaps the most important step! The Vaseline keeps the wound moist and provides the proper environment for wound healing. The wound should then be covered with a non-stick (telfa) pad or bandaid.
- If the wound is still draining any amount of fluid the non-stick pad should be covered with 4 X 4 gauze to absorb any wound fluid. Telfa alone will not absorb this fluid.
- This dressing should be secured with medical grade paper tape.
- If the wound is small enough, you can use a Band-Aid or oversized Band-Aid of appropriate size instead.
- The above wound care regimen should be performed **twice a day**. It is very important that the wound be kept covered and moist with Vaseline ointment at all times.
- You may shower after the dressing is removed. Low shower water pressure is preferred. Please change this dressing for a new and dry one as detailed above immediately after showering.



- If you are having difficulty getting the regular dressings to adhere you can de-grease the skin where the dressing is to stick with rubbing alcohol applied on a cotton ball. Permit the alcohol to completely evaporate, then apply the dressing.
- Do not submerge the wound in a bathtub, hottub or pool while the wound is still open.
- You need to continue wound care until your wound is completely healed in. **Please note that wounds on the legs take much longer to heal than other locations.**
- Sometimes wounds can heal too much and need assistance to finish the healing process. If the wound heals above the surface of the surrounding skin and healing becomes delayed please contact the office so we can address this.

Common questions during the Post-procedure period:

What to do to minimize bleeding:

Do not take NSAID's (ibuprophen, naproxen, aleve, etc) or vitamin E for three days after your procedure. Also, do not take any aspirin for 3 days after the procedure (**unless you take this by the recommendation of your primary care physician or cardiologist for a medical indication. In which case you should continue your normal dosage through the procedure**). These products can lead to increased bleeding post-operatively. Limit activities as recommended. No heavy lifting for the first day post procedure. It is common for the incision site to ooze a little blood or fluid especially for the first few days after surgery. **Applying direct pressure to the bleeding area continuously for 20 minutes (no peaking) can usually control this.** If the area continues to bleed after this is done, please call our office (**1-844-SUNDERM**) so we can help.

What to do to minimize discomfort:

The local anesthetics administered during surgery wear off in a few hours. Usually we do not expect you to have excessive discomfort post-operatively. If you experience discomfort following surgery, take extra-strength Tylenol. You may take two tablets every 6 hours as needed. If you are still experiencing significant post-operative pain after taking Tylenol please contact our office (**1-844-SUNDERM**).

What are the signs of infection?

It is normal for the wound to drain pink to red fluid for 4 or more days post-operatively. The area will often be somewhat swollen, slightly tender and a little bit red. Signs that your wound might be becoming infected include: any green or yellow drainage from the wound or on the dressing, any smell from the dressing, wounds that are very tender even to a gentle touch, wounds that are very red. If you note any of these signs developing in your surgical site please call our office immediately (**1-844-SUNDERM**), you may need additional treatment. Sometimes wounds that are healing in can develop a fibrin clot on the surface which has a yellow/tan color, this is not related to infection. Wounds on the legs are more likely to become infected and heal slowly.

What to do to minimize swelling:



In order to minimize swelling and bruising, which is quite common after surgery, you may want to apply an ice bag, cold soda, or bag of frozen peas wrapped in a small clean towel to the bandaged area a few times a day.

What to do if you have ANY questions:

If you have any questions or concerns, please give us a call at **1-844-SUNDERM**. We can be reached 24 hours a day 7 days a week. If for some reason you cannot reach us and you are experiencing an emergency please proceed to the nearest emergency room.