



BIOPSY and SURGERY SITE CARE

*Keep the initial dressing or Band-Aid in place and DRY for 24 HOURS

*You may shower or bathe after 24 hours and proceed with the first dressing change as described below.

*Change the dressing once or twice a day using the following method until the wound has completely healed.

1. Leave the bandage in place for 24 hours unless soiled. Avoid bathing or showering for 24 hours if possible.
2. After 24 hours, remove the dressing and clean the wound once or twice per day as instructed below. You may shower or bathe after 24 hours.
3. Wash your hands before and after changing the dressing.
4. Wash the affected area gently with a vinegar solution twice per day - see below. (Can sometimes use some mild soap as well.)
5. Dry the area with clean gauze or cotton balls.

6. Apply over-the-counter Polysporin to the affected area twice per day. Do not use Neosporin ointment or Aquaphor.

7. Then apply a clean bandage. If Band-Aids irritate your skin, use paper tape and gauze dressing instead.

8. Please continue this routine until the stitches are removed. If your wound does not have stitches, follow this routine for 7 days, or as indicated by your physician.

9. If you have pain at the wound site, you may take acetaminophen (Tylenol).

10. If the lesion was submitted for biopsy, we will call with results in 7-10 days. If after 2 weeks you have not heard from us, then please call our office (847-535-7664).

11. Avoid swimming pools or hot tubs until the wound is completely healed. If swimming is unavoidable, use a Nexcare Waterproof bandage (available at most drug stores).

Vinegar Soaks (for some bacterial infections of skin and nails)

1) Make a 1/3 solution of vinegar (regular distilled white vinegar): For example, one cap vinegar and two caps water

2) Clean area with solution twice per day

3) Apply over-the-counter ointment with polymyxin B (Polysporin is one example) to area after soaking and drying