



GREENWICH POINT DERMATOLOGY

BIOPSY/EXCISION POST-TREATMENT INSTRUCTIONS

Leave the original dressing in place for 24 hours, and keep the area dry. Then, do the following daily for 1-2 weeks as the area heals.

1. Wash your hands.
 2. Clean the wound with soap and water, and then pat dry.
 3. Apply a small amount of Heal Ointment to the area.
 4. Cover with a band aid to keep the skin moist and prevent a scab from forming so that there is minimal risk of scarring.
- Pain should be minimal. For the first 1-2 days, if needed, you may apply an ice pack over the dressing for 15-20 minutes every as needed.
 - You may experience itching, tingling or numbness near the wound as it heals. The scar may remain pink for months but will contract and fade with time.
 - If no stitches were placed then there is no limitation on activity. If stitches were placed, you should decrease activity for the next 1-2 weeks until the stitch is removed. Avoid any activity that stretches or pulls at the biopsy site.
 - No lake swimming or hot tub use for 1 week.
 - If the biopsy site becomes more painful, warm and tender, or if it drains any fluid, please call our office immediately.
 - You will be called within 2 weeks with your biopsy results.

If you have any questions or concerns, please call our office at 203.764.2230.