



# WOUND CARE

## PROCEDURES

**BIOPSY:** A biopsy is when the physician/practitioner takes a small sample of a growth of skin. The sample is processed into slides and then examined by a skin pathologist who decides, by looking through a microscope, the type of growth or disease present.

Charges are generated from two separate places when a biopsy is performed. 1) the practitioner for removal of the tissue. 2) The skin pathologist for the preparation and evaluation of the tissue under the microscope.

Biopsy results may take anywhere from 2-4 weeks to get back. If any further action is needed, we will call you. If no further action is needed, we will also notify you via phone or Klara message (text).

If you have not heard from us after 4 weeks, please contact our office.

**CRYOSURGERY:** Cryosurgery is the treatment of lesions with the application of a cold substance. In most cases, liquid nitrogen is used to destroy the lesions. Within 24-48 hours a blister may form. **Do not open the blister.** The blister will dry up on its own.

After treatment, there may be some burning sensation or pain that can last up to 24 hours. The discomfort can be relieved by EXTRA STRENGTH TYLENOL.

## INSTRUCTIONS FOR CARE - 3 Times A Week Until Healed

1. Clean with gentle soap and water.
2. Apply one of the following ointments: SKNV antibiotic pain-reliever ointment, Aquaphor or Vaseline (Neosporin type products are NOT recommended)
3. Cover with small dressing or band-aid for 7-10 days or until healed.

\*Studies show that wounds heal better when covered with healing ointment and a bandage.

\*It is okay to get the wound wet when bathing.



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# SURGERY WOUND CARE

## WOUND CARE INSTRUCTIONS

1. Once a day, clean the wound with soap and water.
2. Apply a thin layer of SKNV antibiotic pain-reliever ointment, Vaseline or Aquaphor.
3. Cover with a clean dressing or bandage.

**DO NOT REMOVE THE SURGERY BANDAGE FOR \_\_\_\_\_ HOURS OR UNTIL INSTRUCTED**

### ***Several things could happen following your surgery:***

**PAIN:** For pain, you may alternate acetaminophen and ibuprofen. Take two (500mg) acetaminophen (e.g. Extra Strength Tylenol) every 8 hours. Take 3 ibuprofen (200mg) (e.g. Motrin, Advil) every 8 hours. Alternate the ibuprofen and acetaminophen every 4 hours. If you have been advised to avoid these medicines, then speak with the staff about a substitute.

**BLEEDING:** Bleeding can occur following surgery. We ask that you...

1. Take it easy for the next few days. Limit activities. No heavy lifting, stooping, bending, or anything that would elevate your heart rate. This could cause bleeding to occur.
2. If bleeding occurs through the bandage, **do not remove the bandage**. Hold constant pressure for 20-30 minutes. If it continues to bleed or any other problems arise, please call the office at (270) 685-5777.

**SWELLING:** Swelling can occur and is normal. To reduce the amount of swelling:

1. Apply an ice bag for 10-15 minutes of every hour that you are awake.
2. Keep your bandage dry.
3. Keep the affected area elevated for the first three days. Sleep with an extra pillow if the surgery is on the face or scalp.

**INFECTION:** Wound infections can occur several days after the surgery until several weeks after the sutures are removed. Signs of infection include fever, pain, swelling, weeping, or drainage. Call the office if there are any concerns.

**SCARS:** There will be a scar after surgery. This will decrease as the healing process progresses, but redness can occur for as long as 6-12 months. Everyone heals differently and the final scar appearance depends on the individual's ability to heal. In other words, some scars heal and can hardly be seen while others can heal thicker or keloidal. Because of the unpredictability in wound healing, the final appearance cannot be preoperatively ascertained; therefore, no guarantees can be implied or stated as to the final appearance of the scar.