



Wound Care Instructions

Liquid Nitrogen:

- No immediate aftercare is necessary. You may form a blister in this area; in order to keep the area clean, do not need to peel, poke, or pop them. Once the blister ruptures on its own, apply Vaseline or Neosporin to the site. You may cover with a bandage if necessary.

Biopsy and Destruction Procedures:

- Removed bandage after 24 hours and gently cleanse with mild soap and water
- Apply antibiotic ointment for first five days (Polysporin, Neosporin, Mupirocin, Triple Antibiotic)
 - After five days, change to Vaseline or Aquaphor to minimize skin irritation.
- The wound should be gently cleaned daily and the dressing/ointment changed once a day for up to two weeks or until it is healed. *Do not allow the wound to dry out or develop a scab. Rotate the bandage as able to avoid skin irritation under the adhesive. Wounds tend to heal better with an effective covering on them, so continue to add an ointment and bandage as it heals. *Paper tape is a good alternative for sensitive skin**
- Please call our office at **(940)767-3376** if you see signs of infection such as:
 - Increasing redness and swelling *beyond* borders of the wound
 - Heat or temperature to the surrounding areas
 - White or yellow drainage
 - Increased tenderness or pain
- As your body reacts to your “injury”, you may experience some swelling. If so, apply an ice pack or bag of peas wrapped in a towel for 15 minutes each hour. Oozing may occur in the first 24-48 hours, but if bleeding occurs, hold pressure for 15 minutes.

***If your biopsy requires a second opinion or closer look, it will be routed to another pathologist to assist in a final diagnosis. The charges for this service are separate from our pathology charge and will be between you and the pathologists.*

Surgical Excision Patients:

The above “biopsy” wound care instructions apply to you as well.

- To reduce the possibility of bleeding after surgery, please limit activities for at least 24 hours, and keep the operative site elevated. If surgery was on the face, head, or neck, avoid bending or stooping and sleep with your head elevated using a wedge or extra pillows. Please discuss additional limitation concerns with the provider as necessary.
- You may expect mild discomfort, and typically extra strength Tylenol is sufficient. On some occasions, a prescription for Tramadol may be given.
- Please **do not** take Aspirin or products containing Ibuprofen as these may increase the risk of postoperative bleeding.
 - If you stopped blood-thinning products for this procedure, you can resume them after 24 hours if you do not have any bleeding at the surgical site.
- We will prescribe you a preventative antibiotic. Please notify the clinic of any possible allergies to oral antibiotics that you may have or if you are currently taking an antibiotic. Please take the medication as directed, completing the entire dose as prescribed (typically 7 days).
- Suture removal typically occurs between 10-12 days for the head/face and 14 days for the neck and below. Continue wound care to the site while the sutures are in place.
- There may be a scar line and redness around the excision area following surgery. This will typically decrease in appearance as you heal, but because healing is subjective, we cannot guarantee a final appearance of any scarring or surgical sites.