

EXCISION OR PUNCH BIOPSY AFTERCARE INSTRUCTIONS

Since you have stitches, special care must be taken to prevent infection:

How to care:

1. Clean the wound daily with antibacterial soap and water. Don't use hydrogen peroxide or alcohol, which can slow healing
2. After cleansing, apply a thin coat of ointment such as petroleum jelly such as Vaseline or Aquaphor to the area (do NOT use Neosporin, which may cause an allergic reaction unless you have used it before) and bandage every day (morning and night) until the wound is healed

Signs of infection may include:

1. Increased pain, swelling, warmth, or redness near the wound
2. Red streaks leading from the wound
3. Pus draining from the wound
4. A fever

Recommendations:

- Avoid physical activity with the treated area until sutures are removed. Sometimes bending, straining, stooping, or lifting heavy objects can cause the surgical incision to bleed or open. If the biopsy/excision was on the face or scalp areas, avoid bending over, and sleep with 2 pillows (elevate head) at night to decrease swelling.
- For the first 48 hours: Do not take aspirin or ibuprofen products. Do not drink alcoholic beverages and/or take oral Vitamin E (These can cause bleeding). Take Tylenol for pain.
- To help decrease swelling and pain, we recommend applying ice over the bandage for 15 minutes on, 15 minutes off while awake during the first 48-72 hours after surgery.
- Don't forget to return to the office for your suture removal as scheduled.
- All patients are called with abnormal biopsy results as soon as they are received - usually within 2 weeks. If you don't hear from us within 3 weeks, please call the office. If you have any questions regarding the care and healing of your wound, please do not hesitate to contact our office at 949-706-1469 immediately followed by #105.

A letter with your pathology results will be mailed to you within 2-3 weeks with instructions on further steps. Your pathology results will also be electronically published to your Patient Portal. (See below for how to access your Pure Derm Patient Portal)

If any excision site needs further surgery, our office will call you to schedule. Please keep your follow-up appointments to re-evaluate your excision site.

Patient Portal: To View Results

Link: will be sent to your email. If you don't have an email, log into purederm.ema.md

Username: email address (if applicable)

Otherwise, capital letter of first name and lowercase last name and last two digits of birth year (example: John Doe DOB 02/01/2018, username Jdoe18)

Password: Password1 (P has to be capitalized).

You will be able to change your password after first login.

Temporary password link will expire 24 hours after activation.

To reach our Pathology Department, please call 949-706-1469 immediately followed by #105