



Wound Care

Punch Biopsy

- expect redness and swelling in the surrounding area, it may look infected but this is normal
- a small amount of bleeding such as old or new blood, clear yellow-pink discharge, or sometimes a small amount of non-odorous pus is normal
- there will be a small hole present, this will heal from the bottom up over time
- you may shower and wash over the area, apply a TINY amount of Polysporin or similar antibiotic ointment (if you are not allergic) or petroleum jelly once a day to the opening and cover with a bandage
- if it is not draining and appears closed, leave it open to the air and do not apply anything
- if you are using Polysporin and you start to break out in an itchy red rash, discontinue use immediately
- if stitches were used, have them removed by your primary care provider in _____ days.

Shave biopsy

- you will have a black scab at the biopsy site, which heals better when left open to the air
- we prefer that nothing goes on the wound (no ointments or creams). If you are going somewhere and wish to cover it with a small bandage for appearances, that is fine
- you may shower and wash gently over the area as usual, but do not soak it in water until the scab falls off of its own accord
- the surrounding skin can become quite red and swollen (it may look infected, certain areas can look quite unsightly/nasty, especially the lower legs, there may be some mild discomfort), this can occur and is not a concern
- sometimes, just before the scab lifts off, you may notice a small amount of drainage that looks like pus, this is normal.

Curettage and Electrodesiccation

- you will have a light scab over the biopsy site
- you can expect redness and swelling in the surrounding skin
- a small amount of bleeding such as old or new blood, clear yellow-pink discharge, or sometimes a small amount of non-odorous pus is normal
- there will be a small hole present, this will heal from the bottom up, you may shower and wash over this area, you may apply a TINY amount of Polysporin or similar antibiotic ointment (if you are not allergic) or petroleum jelly once a day to the opening and cover the wound with a bandage
- if you are using Polysporin and you start to break out in an itchy red rash, discontinue use immediately.

Surgical Excision

- you will have stitches that are holding the wound closed. These need to be removed by your primary care provider in _____ days
- you can expect redness and swelling in the surrounding area
- a small amount of bleeding such as old or new blood, clear yellow-pink discharge, or sometimes a small amount of non-odorous pus is normal
- keep the wound clean and dry for the first 48 hours after the procedure
 - after 48 hours, you may shower and gently wash over this area, you may apply a TINY amount of Polysporin or similar antibiotic ointment (if you are not allergic to it) or petroleum jelly once a day to the wound and cover with a bandage
- if it is not draining and appears clean, you can leave it open to the air and do not apply anything
- if you are using Polysporin and you start to break out in an itchy red rash, discontinue use immediately
- avoid activities that cause excessive tension/pulling on your wound, especially for the first month after surgery. The strength of your scar is only 50% that of normal skin at 6 weeks, and 80% at 3 months of healing.

Please note for all wound care situations:

- most biopsy areas can take 1-2 weeks to heal, they may take longer and can be up to 6 weeks on the lower legs
- treated areas will initially be pink in colour and then fade to a white scar over time
- SUN PROTECTION is very important to minimize scarring. New scars are very susceptible to sun damage for up to 18 MONTHS after removal/surgery
- after 2-3 weeks of healing, simple maneuvers can help break down the scar tissue and assist with healing faster. You can:
 - gently (yet firmly) massage the scar twice a day for 10 minutes for at least 6 weeks. Use a circular motion with the use of Vaseline for lubrication
 - consider using silicone scar gel on the wound, leaving it on overnight. It can be used for up to 6 months, but not longer
- after healing has completed, if you notice a firm, raised, itchy lesion developing at the site of the excision/surgery, this is most likely a keloid (firm scar tissue). To help resolve the keloid, be sure to massage and use silicone gel, as indicated above. It can take up to 6 months to see results. We can also provide injection treatments through our clinic to help resolve keloids, so please call us if the above measures do not improve your keloid
- Scar tissue can take many months to mature, sometimes up to 2 years.

PLEASE CONTACT OUR OFFICE (705-637-0777) IF YOU EXPERIENCE:

- pain
- bad odours coming from the site of excision/surgery
- thick yellow or green pus
- extreme redness (extending more than 2cm from the wound)
- extreme swelling