



## Wound Care Instructions Punch Biopsy

Dr. Domingues performed a **Punch Biopsy**.

### INITIAL DRESSING CARE

- Initial dressing stays in place for 24 hours. Keep the dressing dry.
- After you remove the initial dressing, you may shower.

### DAILY DRESSING CARE

- Wash hands before each dressing change.
- Change the bandage once daily.
  - Remove the bandage
  - Gently cleanse the wound with soap and water.
  - Then apply a thin layer of ointment (Aquaphor or Vaseline)
  - Cover the wound with a bandaid.
- Continue wound care until sutures are removed. Keep the wound **GREASY** with ointment and **COVERED** at all times until the sutures are removed.
- Avoid swimming and bathing until sutures are removed.

### BLEEDING:

- If light bleeding occurs, apply direct pressure over the wound for 20 minutes with a clean cloth.
- If bleeding continues, repeat this cycle two more times.

### DISCOMFORT:

- Keeping the area elevated in the first 48 hours will decrease swelling and discomfort.
- You may ice the area for 10 -15 minutes every hour for the first 24 – 48 hours while awake.
- For pain, take Tylenol (acetaminophen) every 6 hours.
  - Avoid alcohol and ibuprofen or other NSAIDs for 3 days.
  - DO NOT** stop aspirin if you currently take a daily aspirin.

### INFECTION:

- Signs of infection include increasing pain, redness, swelling, drainage, red streaks, or fever. If you develop a fever or red streaking, go to urgent care or the emergency room immediately.
- If you experience any signs of infection, call the office right away during working hours.

### PHONE NUMBERS TO CALL (Please call us with any questions or concerns)

- Weekdays 7AM – 4PM Call the Clinic and ask for the nurse.