

Wound Care Instructions – Surgical Excision

Keep the bandage dry and in place for 24 hours.

Avoid lifting objects heavier than 5 pounds or performing jerking motions until you are told it is safe. If you feel your stitches pulling, back off! Walking is fine, but more active exercise should be avoided for 24 hours.

A slight oozing or bleeding is normal and should resolve with pressure (apply firm pressure continuously for 5 minutes, repeat 2-3 times if needed). If bleeding persists or there is a raised bruise forming, call us or seek urgent care if needed.

For pain, over-the-counter pain medication (Tylenol, Advil) may be taken.

After 24 hours, remove the dressing and wash the area daily with soap and water and pat dry. You may have Steri-strips, which are thin strips of adherent paper, on your excision. These will usually come off on their own over 5-10 days and it is safe to get them wet. Bruising may be noted and this is normal.

If no Steri-strips are present, or once they fall off, apply ointment (antibiotic ointment is okay if you are not allergic, otherwise Vaseline or Aquaphor work very well) to the wound and cover with a bandage.

Wounds heal best under “moist occlusion,” and the goal is to avoid forming a hard, dry scab. Dried blood can be gently removed with hydrogen peroxide and a Q-tip, but hydrogen peroxide is not otherwise recommended to clean the wound.

Do not swim or submerge or soak the area (such as in a bath tub or pool) until the sutures come out.

Some bruising is common, and mild redness and itching is normal with wound healing. If tenderness and/or discomfort increase or persist for longer than 2 days, or if you get swelling or yellow fluid or crusts at the biopsy site, please call us.

Biopsy results may take 1-2 weeks to return. For your convenience, benign (harmless) results will be published to your patient portal (smd.ema.md). If you don't see your result in 2 weeks, please call us.

For any result that needs further treatment or explanation, we will call you to review or to schedule you a follow-up appointment.

For after-hours urgent issues, call **415-887-9758** and follow the prompts to reach your doctor. For emergencies, call 911 or seek urgent care.

Note: In an effort to keep health care costs to a minimum, we offer pathology slide interpretation on site at SMD. However, at the discretion of your physician, your biopsy may need to be sent to another laboratory for interpretation. Please note that these labs will bill your insurance separately