

California Dermatology Care

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Wound Care After A Biopsy or Surgery

- ☺ Remove the Band-Aid or dressing after 1 or 2 days
- ☺ Then, change the dressing **daily** with topical emollient such as Aquaphor, Biafine, Bactroban, or Altabax 2-3 times a day.
- ☺ If the wound is on a hairy area or in a location that is difficult to maintain a Band-Aid, apply the topical emollient a few times daily to keep the area moist.
- ☺ Old band-aids and dressings come off easier in the shower. After the shower, gently pad or blot dry the area, apply topical emollient and then cover with an appropriate Band-Aid or gauze dressing. This should be continued daily until the wound is healed.
- ☺ Tylenol(acetaminophen), may be taken for pain as needed. Avoid aspirin, ibuprofen, vitamin E, and fish oil for a couple days to minimize post-op bleeding.
- ☺ Avoid pools, hot tubs and lakes for a few days unless water-resistant bandaid is applied as they can lead to wound infections.
- ☺ Avoid vigorous exercise for the initial couple days as it can lead to bleeding.
- ☺ For men, if the surgical site is on the beard area, please be cautious not to shave off the stitches.
- ☺ If you have any concern or question, please feel free to call us 925-328-0255 or email DrWilliamTing@gmail.com