

Instructions for Biopsy Site Care

1. Leave your wound dressings in place for the rest of the day of the biopsy and keep them dry.
2. Change band-aids daily starting the day after the biopsy.
3. Showers are fine starting the day after the biopsy. Leave the band-aids in place while you shower and change them after you dry off.
4. During the time period of daily band-aid changes, do not soak in a bath or swim.
5. The average time for daily band-aid changes is 5 to 6 days (range is from 1 or 2 days up to 2 weeks).
6. If you need to use anything to clean the wounds, regular soap is recommended. If the wounds are fine (i.e., no signs of infection), all that is required is a daily band-aid change.
7. The wounds may or may not form a scab as they heal; either way is fine.
8. Continue to change the band-aids daily until there are no open wounds.
9. The local anesthetic used for the biopsy will usually last for 1 to 2 hours after the procedure. After it wears off, you may have some mild, localized soreness and tenderness at the biopsy sites over the next day or two. You may find regular Tylenol is helpful for the discomfort.
10. Refrain from doing extremely strenuous activity for the rest of the day of your biopsy (such as running or heavy lifting).
11. Once you are without the band-aid, the biopsy sites may look slightly red or darker than the rest of your skin. This discoloration will gradually fade and blend back with your normal skin color. This fading process may take anywhere from a few months up to a year.
12. It is very rare for people to have any problems during the healing period. It is normal for the biopsy sites to bleed a little bit or drain pink fluid for a day or two after the biopsies. They should not bleed excessively (i.e., through the band-aid) after that time. They should never drain pus. If you do experience problems with significant bleeding, redness, infection, or other problems, call your doctor's office.