

# Skin & Laser Surgery Center, P.C.

Dermatology, Laser, Cosmetic & Mohs Skin Cancer Surgery

## Post Biopsy Wound Care Instructions

1. Remove the original bandage or dressing after the first 24 hours of the surgery or as otherwise directed. After the initial 24 hours you may take a shower, swim, etc., but not prior to that time.
2. Change the dressing daily by following these steps:
  - a. Wash hands before and after each dressing change
  - b. Using your fingertips or a clean Q-tip, gently wash the wound with soap and water or with dilute **hydrogen peroxide**.
  - c. Pat the area dry.
  - d. Apply **Aquaphor Healing Ointment** or **Vaseline to Telfa** or any non-adherent dressing (available at most retail pharmacies) that is cut approximately the same size as the wound.
  - e. Place the Telfa covered with ointment over the wound and secure with paper tape.Repeat daily for 7-10 days or as directed to ensure the wound stays clean and moist this is important so a scab does not form and avoid infection.
3. For proper healing avoid the following:
  - Alcohol and aspirin (including baby aspirin 81 mg) and aspirin like products such as Ecotrin, Bufferin, Motrin, Advil, Nuprin, Aleve etc. for two days because they thin the blood and may cause bleeding. **Tylenol (Acetaminophen)** or **Extra Strength Tylenol** may be used for pain relief if needed. Take 1000mg every 6-8 hour depending on pain
  - If pain becomes unbearable please contact the office for more instruction.
  - Strenuous exercises, sport & physical activities such as heavy lifting, excessive bending, twisting, golfing, swimming, biking, running, & playing tennis, etc. should be avoided for approximately 2-3 weeks.
4. If your wound becomes red, warm to touch, painful or begins to drain; please contact the office or doctor immediately.
5. If bleeding occurs, **remove the dressing** and apply direct and constant pressure over the wounded area using gauze or a dry washcloth for 20 minutes. It is important that the amount of pressure used is constant and uninterrupted for that time. Once the appropriate length of time has elapsed and the bleeding continues, **contact Dr. Bajoghli** at his direct number **(703) 244-6377** and proceed to the nearest emergency room unless directed to do otherwise.
6. Additional wound care instructions include:

---

---

---

---

**Dr. Amir Bajoghli's direct number (703) 244-6377**

1359 Beverly Rd 2<sup>nd</sup> Flr. Mclean VA 22101 (703) 893-1114  
2200 Opitz Blvd. # 100 Woodbridge, VA 22191(703) 492-4140