

# Shave Biopsy, Punch Biopsy and Shave Excision Care

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## Taking care of your wound

- The biopsy or wound area will heal over in 1 to 2 weeks. The scar could take up to 2 years to fade.
- If you had a local anaesthetic (numbing medicine), once it wears off you may need to take some pain medicine such as Tylenol or Ibuprofen.
- Keep the dressing dry – no shower for 24 to 48 hours. After that time you can leave the wound open to air or place a new clean dressing over it.
- Do not apply creams to area until fully healed unless instructed to do so.
- If the wound becomes infected or stretched it will take longer to heal and may leave a bigger scar. Keep this in mind when doing activity or dirty work.
- If the wound is on your face and tender, do not stoop or strain (including when having a bowel movement). Sleep on extra pillows to decrease swelling.
- If the wound is on your leg, keep the leg up. Try not to stand up for too long. Avoid sports and long walks until the scab is off and the wound is healed.

## See medical attention

### Bleeding

- If the wound bleeds, press firmly for up to 30 minutes. Do not keep touching or looking at the wound. If the wound is on the leg, keep it up. If the bleeding is heavy and will not stop go to Urgent Care.

### Infection

- If the wound does not heal within 3 weeks, gets red, swollen or tender after this time or appears infected call your family doctor or go to Urgent Care. Keep the area clean and dry. Do not apply creams to area until fully healed unless instructed to do so.

**Next appointment** \_\_\_\_\_.

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**Cleaning the wound if there are no stitches.**

- ✓ **Clean everyday for 1 week or until the wound has healed.**
- Remove the dressing in 24 hours.
- Gently clean the wound once a day under the shower or soak it or pour warm water over it. This helps remove the dried blood. Use a gentle cleanser such as Dove for Sensitive Skin.
- Pat the wound dry with a clean towel or tissue.
- Apply:
  - Fucidin to the wound after cleaning
  - Polysporin to the wound after cleaning
  - Vaseline to the wound after cleaning
- ✓ Apply a dry dressing if you would like, but this is not necessary. Use a breathable, not waterproof, type of dressing.
- ✓ Do not apply makeup to the wound.

**Cleaning the wound if you have stitches**

You have \_\_\_\_\_ stitch(es) to stay in place for \_\_\_\_\_ days.

- ✓ **Change the dressing in 24 to 48 hours.**
- Keep the stitches completely dry for up to 2 days. Then gently clean the wound once a day under the shower or soak it or pour warm water over it. This helps remove the dried blood. Use a gentle cleanser such as Dove for Sensitive Skin.
- Apply:
  - Fucidin to the wound after cleaning
  - Polysporin to the wound after cleaning
  - Vaseline to the wound after cleaning
- ✓ Cover with a band-aid.

The stitches should be removed within 5 to 10 days by your doctor.

**Please note:**

If you use a tubigrip, remove it at night to prevent swelling. Put it back on in the morning.