



# RECOMMENDATIONS AFTER SKIN BIOPSY



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**FOLLOWING THE POST-PROCEDURE RECOMMENDATIONS PREVENTS POSSIBLE COMPLICATIONS SUCH AS:** pain, infection, bleeding, wound opening, bruising, poor healing, and allergic reactions. For these reasons we recommend that you consider the following:

### **1. Wound care**

It is recommended that the site where the biopsy was taken is kept covered with a bandage. At the end of the procedure, we will put the pressure bandage on, which must remain dry and in place until stitch removal day or until your treating doctor recommends it.

### **2. Suture removal**

After the biopsy, you will be informed the date on which you must come to the Clinic to remove the sutures (in case stitches have been placed). However, on many occasions, the pathology result is expected to determine the course of action. Don't worry if your doctor decides to leave the suture for a long time until the next procedure, as the suture often serves as a reference. The risk of allergic reactions or skin infections from remaining sutures is very low.

### **3. Bleeding**

It is very common for the skin site that has been treated to bleed, especially the first 2 days after the procedure. The risk of bleeding increases if efforts are made such as exercising, lifting heavy objects, cleaning the house, sweating or staying in hot and humid places, so it is recommended that the first days after the procedure, you rest at home.

If, despite following these recommendations, you experience bleeding, keep calm and note that this, in most cases, can be controlled simply by performing constant direct pressure with a clean gauze pad or a napkin, for a period of 20 minutes. If the bleeding continues, repeat the same procedure again for an additional 20 minutes. If after completing this period there is still bleeding, contact us at the supporting physician's cell phone: 323 225 1183, Monday through Friday from 7:00 a.m. to 6:00 p.m. and Saturdays from 8:00 a.m. at 1:00 p.m. In case you consider that it is an emergency, you should go to the nearest emergency department.

#### **4. Pain**

At the end of the procedure, you will be given a medical prescription with medications to prevent and treat your subsequent pain. Purchase these medications preferably before the first two hours after the procedure, so that you take the first dose before you feel pain. In most cases, the medicine to be prescribed is acetaminophen (available if you need it from our pharmaceutical service). Keep in mind that the maximum that can be taken from this medication is 2 tablets of 500 mg every 6 hours. If you still have pain despite this dose, please contact us. Avoid medications like aspirin, ibuprofen, naproxen, as well as drinking alcohol, in the first 48 hours after the procedure, because this can increase the risk of bleeding.

#### **5. Inflammation, swelling**

The presence of swelling in the treated site and in the skin surrounding is common after performing a procedure. To decrease it, put ice in a plastic bag, close it so you don't

get wet and apply it directly on the bandage for a time of approximately 1 minute every hour during the first day. This measure will also help so that there is no bleeding or pain.

**Caution:** do not directly place ice on skin to avoid burning. In case bruising appears, remember that this will take approximately three (3) weeks to resolve.

## 6. Do not smoke

To increase the chance that the wound will heal under the best conditions, it is very important that you stop smoking, at least until the sutures are removed.

## 7. Indications for showering

You can start bathing the day after the procedure, but you must leave the bandage that is covering the wound: don't remove and keep dry and should arrive this way for the suture removal appointment.

## 8. Results

If the pathology sample that was taken is analyzed in the laboratory of our Institution, they will be in charge of informing the treating physician when the results are obtained, and from the Clinic we will be calling him to comment on the final report.

## 9. Warning signs

If after the following days after the procedure you have fever (identified with a thermometer), chills, redness and heat at the wound site, or leakage of purulent material, please contact us at the supporting physician's cell phone: 323 225 1183 from

Monday to Friday from 7:00 am to 6:00 p.m. and Saturdays from 8:00 a.m. to 1:00 p.m. In case you consider that it is an emergency, you should go to the nearest emergency department.

### **Patient's follow up**

- According to the clinical suspicion of the doctor about the lesion that has just been biopsied, you will be given a date for removal of sutures immediately after the procedure, or you may also decide to wait for the pathology result to determine a subsequent removal of the suture. After the procedure, you will be given the medical history, medical formula and sometimes a paper with the reminder of the appointment for suture removal according to what the treating doctor has explained
- If you have any complications in the days following the procedure, you can contact us on the support medic's mobile phone line: 323 225 1183, at the times indicated above. In case you consider that it is an emergency, you should go to the nearest emergency department.

### **Please report any adverse event, incident or complication, through any of the following:**

- Directly with our staff.
- Supporting physician cell phone: 323 225 1183
- Calling the phone (604) 444 35 37 extensions 106 and 112.

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