



Radiant Skin Dermatology and Laser

General | Cosmetic | Dermatologic Surgery

Wound Care After A Biopsy or Surgery

- Remove the Band-Aid or dressing after 1 or 2 days
- Change the dressing **daily** with topical emollient such as Aquaphor, Biafine, and Vaseline in a tube 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 these exposures may 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 212-229-0007 or email info@RadiantSkinNYC.com

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