



Don Mehrabi MD FAAD

Erin Klingler PA-C

Cynthia Chaghouri PA-C

Biopsy Care Instructions

1. Do NOT remove the gauze dressing or bandage for 24 hours.
2. You may shower and wash the wound with warm water and a mild soap in 24 hours. Dove®, Cetaphil®, or Purpose® are excellent soaps to use. Wash the area gently, do not rub or scrape the site. Use your fingertips to clean the area as a washcloth will irritate it. Pat the site dry.
3. Put Aquaphor®, Vaseline®, Neosporin®, Polysporin®, or Double/Triple Antibiotic ointment on the wound and dress with a bandage. Some patients are allergic to Neosporin or Polysporin and may get itching or irritation around the wound. You should keep the area covered with a thin layer of ointment at all times until the site is completely healed (usually 10 days). **If a shave biopsy was done, the wound will take as long as a scraped knee to heal.
4. Do NOT pick the scab. The longer the scab stays on, the better the wound / scar will appear.

TIP: Remember **S-O-B** (Shower-Ointment-Bandaid). Do these in this exact order every day for 7-10 days.

Can I resume my usual activities? - Avoid exercise, bending, straining, swimming or lifting any heavy objects the day of the biopsy and the day after.

How will I find out results of the biopsy? - Your biopsy report will take 7 - 14 days. We will call you to discuss the results. We can leave benign results on your phone voicemail or answering machine, but we may also require that you call us back to discuss your results further.

Will I have pain after surgery? - Most patients do not have a great deal of pain after the biopsy. If you have discomfort, you should take Tylenol® (acetaminophen) and can apply ice to the area for 10 minutes.

Call us if you get the following symptoms:

- Pain that gets worse a few days after the procedure
- A lot of swelling
- Persistent bleeding - If you have bleeding, apply firm pressure over the gauze pad for 20 minutes. If it doesn't stop after 20 minutes, apply pressure again for 20 minutes. If after 40 minutes, bleeding persists, call your doctor. It is normal to have some blood on your gauze pad after the procedure.
- A temperature above 100.5 for 24 hours
- Redness, warmth, swelling, pus-like drainage at site

How do I get in touch with my doctor?

Normal business hours: Monday through Friday 9:00 a.m. to 5:00 p.m. call 310.205.3555.

After normal business hours, call 310.205.3555, and hit option 1 to be connected to one of our providers. This should only be used in urgent or emergency cases.

Beverly Hills • Encino-Tarzana • Glendale

9735 Wilshire Blvd. Ste 421 Beverly Hills, CA 90212 • 5620 Wilbur Ave. Ste 211 Tarzana, CA 91356 • 1505 Wilson Ter Ste 320 Glendale, CA 91206

T: 310.205.3555 / 818.914.7546 • F: 310.205.3553 • BHSkin.com