

# WOUND CARE and Biopsy Followup

Ferrara Dermatology Clinic, PC

313 884-5100

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Once a wound has been created, whether by surgery or some other cause, it is important to follow instructions to minimize the risk of infection and scar.

## CARE OF WOUND (WITH OR WITHOUT SUTURES):

- 1) **ISOPROPYL ALCOHOL:** take a Q-tip or cotton ball that has been dampened or dipped with alcohol and gently cleanse the incision line or wound by rolling or patting the area, but NOT rubbing.
- 2) **COMPRESS:** a lukewarm compress can help loosen, soften, and remove unwanted material and keep unwanted crust from forming. Water on cotton washcloth or cotton gauze can be used. White vinegar mixed with water (1:4-6 parts) can be warmed and dampened on gauze and can be used as a compress.
- 3) **VASELINE or ANTIBIOTIC OINTMENT (Bacitracin, Mupirocin):** apply a coat of ointment over the involved area one to two times per day until healed. Antibiotic ointment options are reviewed below.
- 4) **COVER AND PROTECT:** a covered wound heals the quickest and the best. Use a band aid or bandage dressing to keep covered and protected unless told otherwise. This also relieves tension of the area which minimizes scarring. If a band aid or dressing soaks through, it can be changed more frequently.
- 5) **SUTURE REMOVAL (if present):** return for suture removal or have those removed in \_\_\_\_\_ days. It is important to remove the sutures on time to avoid unnecessary tract marks from the sutures.
- 6) **SCAR MANAGEMENT:** the best time to minimize scar formation is when the sutures are removed or the wound has closed and no sore remains. The cheapest scar treatment is Vaseline covered with saran wrap to occlude the scar. Over-the-counter products such as **Kelo-Cote** Scar Gel and **Mederma** are available and acceptable. The best scar product is **SkinMedica Scar Recovery Gel**. By hydrating, decreasing inflammation, increasing maturity and remodeling of the correct collagen, and decreasing tension, the scar can be minimized.

**PAIN MANAGEMENT:** cool water compress on a cotton washcloth or gauze to the wound can be soothing. Tylenol, Aleve, or Motrin are available over-the-counter and can be taken orally as directed in the package insert.

**SIGNS OF INFECTION:** if the area becomes **RED, WARM, TENDER, SWOLLEN**, or produces **PUS**, prescription antibiotic ointments and/or pills may be needed. Call the office at **313 884-5100** or go to an **Urgent Care** or **ER** facility if the office is unavailable and you need immediate attention.

## BIOPSY FOLLOWUP:

- 1) **PATIENT PORTAL:** when your pathology reports are available, they will be posted to your personal portal for review. In addition, you will have a follow-up appointment when the significance of the findings will be officially reviewed. You have the ability to call us at 313.884.5100 and talk to a medical assistant about 7-10 days after the biopsy has been taken. You may receive a call if you fail to follow-up and you have a skin cancer, if the findings are of particular interest