

ROLLE MEDICAL PARTNERSHIP

CARE OR YOUR WOUND FOLLOWING DIAGNOSTIC PUNCH BIOPSY OF THE SKIN

Relief of pain

The local anaesthetic that you have had will wear off over the next 1 – 2 hours. You may need to take simple pain relief, e.g. Paracetamol as directed on manufacturer's packet to cover the next 12 to 24 hours. Aspirin should be avoided as it increases your risk of post-operative bleeding. Check with your GP if you have been prescribed other analgesia.

Bleeding

The biopsy (sample site) will be checked for bleeding before you leave. If bleeding occurs at home, do not disturb the dressing. Apply a pad to the area for a full 10 minutes. If possible elevate or raise the area. If bleeding persists you will need to visit the practice nurse or local emergency dept.

Stitches

Stitches or sutures will normally be removed (5-14 days after) by the practice nurse. You will need to book an appointment for this.

Occasionally punch biopsies do not need stitches. The wound is then left to heal naturally. If you are concerned about discomfort when the stitch is removed, consider taking simple pain relief, e.g. Paracetamol, an hour before your appointment.

Sport or activity

You should rest today if possible. Remember you have had a small operation and going shopping does not count as rest! Sport is best avoided for the next 3 days and for up to one week if your skin sample has come from a place located over 'active' muscles, especially legs or shoulders. Stretched stitches may mean a bumpy scar or a stitch that will not hold.

Bathing

The area should be kept covered for the next 3 days. Ideally the wound should be covered until the stitch comes out. If bathing, never leave a wet dressing in place. Wash your hands and change it for a plain plaster. A wet dressing increases your risk of infection.

The pathology results

The pathology result normally takes 2 to 3 weeks to come back to the clinic. If you have not heard from us please contact the surgery after 4 weeks to get your results.

Complications

The signs of infection can be any of the following:

- Increased pain at the site
- Swelling
- Redness
- A pus-like discharge

If you are concerned about any of the above, see a practice nurse promptly.