

Wound Care Instructions

On the day following the procedure, begin cleaning the wound site once or twice daily as follows:

1. Wash the area with **hydrogen peroxide** on a clean gauze pad and apply only name brand **Polysporin**. This can be purchased at any drugstore. We do NOT recommend Neosporin or Bacitracin due to an increased risk of allergy to these salves.
2. Cover the surgery site with a clean band-aid or non-stick Telfa pad.
3. Continue cleaning daily until the sutures are removed. If you do not have sutures, continue cleaning until completely healed.
4. Only Tylenol and/or Extra Strength Tylenol may be used to control any pain and discomfort following biopsy. If the pain becomes severe, please call the office immediately. **Do NOT use Aspirin, Aleve, Advil or other pain relievers or the area may bleed.**
5. Mild bleeding can be controlled by applying firm pressure with a clean gauze pad for 10-15 minutes. If the bleeding does not stop, please call the office.
6. If you have sutures, avoid getting the dressing overly wet for 48 hours. If you do not have sutures, there is no harm in getting the area wet. Please clean and re-dress exposed areas as instructed above. Showers are okay but do not immerse the area in a bath or pool for 48 hours. It is not recommended to swim in river or lake water until the wound is completely healed.

Treatment with LN2 for Skin Lesions

Your lesion has been treated with a blistering agent. This produces a localized blister around the lesion. The effects which the treatment will produce are usually seen between 2-24 hours.

- **Liquid Nitrogen Treatment:** The pain and burning sensation which follow the actual freezing usually last 20-30 minutes and will be accompanied by redness of the area. Once the pain has stopped, you will probably have no further severe pain. The area may be tender for several days, especially if the lesion is located on the sole of the foot.
- **Other blistering agents:** It is not uncommon to have large blisters appear within several hours. Depending upon the location, you may have mild to severe pain. Please call the office if you have severe pain. Puncturing and draining the blisters can often help resolve the pain.

Directions:

1. Within 24 hours you will probably notice a deep blister with a thick cover. It may not resemble the type of blister you are accustomed to seeing, such as from a burn. The blister may be a bloody blister (red or purple in color). You should not be concerned about this.
2. Leave the blister alone for the first 2 days. If it is very painful, you may puncture the blister with a needle that has been sterilized with alcohol (do not put the needle through a flame). Do not pull or cut the blister away.
3. 3-4 days after treatment, you should puncture the blister and remove the roof. Clean the area as recommended above until completely healed.
4. It will look like an open sore. It will be pinkish and/or red in color and may ooze a clear liquid. This is normal.
5. At any sign of infection, such as marked redness, swelling, or discharge of pus from the area, please call the office for instructions at 402-334-7546.