



Wound Care Instructions
Cryosurgery (Liquid Nitrogen)
Biopsy
Curettage & Electrodesiccation (C&D)

CRYOSURGERY (Liquid Nitrogen): Cryosurgery is the treatment of skin lesions by freezing with liquid nitrogen. You may experience pain or burning that may last up to 24 hrs.

- If a blister forms in the area treated allow it to drain but do not peel the blister off. Leave the blistered skin intact to form a natural barrier and cover the area with a band-aid.
- If no blister develops then it is not necessary to cover the area. The area may form a scab over the next week. Keep the area moist with petrolatum ointment (Vaseline or Aquaphor) until the scab falls off on its own.

BIOPSY: A skin biopsy is the removal of a small sample of skin that is sent to a pathologist who renders a diagnosis. Our providers review the pathology findings and determine the best way to treat you. Follow instructions below for 10-14 days.

CURETTING AND ELECTRODESICCATION: A wound formed by scraping & cauterization of a skin cancer. These wounds may take as long as 4-6 weeks to heal. Follow instructions below.

Wound Care – Follow the Instructions

1. Leave the original dressing in place for 24 hours, DO NOT get the dressing wet.
2. After 24 hours wash your hands and remove the dressing.
3. Gently cleanse the wound using one of the following: soap and water, saline, or $\frac{1}{2}$ water $\frac{1}{2}$ hydrogen peroxide then pat dry with a clean gauze, cotton pad or soft clean washcloth.
4. Apply a thin amount of ointment (Vaseline or Aquaphor) or prescription antibiotic ointment given by your provider using a clean, new Q-tip (DO NOT apply Polysporin, Neosporin, or Bacitracin).
5. Cover the wound with a non-stick bandage such as telfa and secure with paper tape. For small areas, a band-aid may be used but make sure the sticky part of the band-aid does not touch the wound.
6. Repeat your dressing changes (steps 3-6) once or twice daily depending on the amount of drainage. Leg wounds drain more than wounds anywhere else on body.
7. As long as your drainage is not pus-like (thick, yellow, sometimes smelly) then it is unlikely to be infected, a small amount of yellow/green may be present which granulation tissue (normal) is.
8. Continue these wound care steps until the wound is completely healed.

Activity after Biopsy / Curettage & Electrodesiccation

- > For 24 hours after surgery do not get the dressing wet.
- > After 24 hours you may shower and bathe as normal.
- > Do not swim in pools or hot tubs until the wound has completely healed.
 - > Discontinue smoking. Smoking slows wound healing, increases risks of infection and will result in a more prominent scar.

- > Remember to use broad spectrum sunscreen with Zinc or Titanium Dioxide at least a SPF 30 or higher once area has healed.

Pain, Swelling, Redness, Bruising, Drainage

- > There may be some clear wound drainage which should stop after a few days.
- > The drainage may be pink or yellow in color which is normal.
- > If you are having pain you may take extra strength Tylenol (acetaminophen 500mg) as needed (unless allergic, you have liver disease, or a provider has instructed you to not take acetaminophen).
- > Remember if you are on pain medications that may have Tylenol like drugs in them, please consult your provider.
- > If pain is not relieved with extra strength Tylenol (acetaminophen 500mg, Do NOT exceed 2.5 grams per day) then please call the office.

When Should I Call the Office?

- > Fever of 101[°] Fahrenheit or 38.3[°] Celsius or higher.
- > Bleeding not controlled by direct pressure.
- > Pain that increases each day or is not relieved by Tylenol (acetaminophen).
- > Rapid or increasing swelling, heat, and pain around the wound.
- > Increased or expanding redness and warmth around the wound, or pus draining from the wound.
- > There is always an on-call provider after hours. Should you experience any of the above symptoms call the office in which you had the procedure our on-call service will contact a healthcare provider from Water's Edge Dermatology who can answer your questions and provide guidance. Please call to help avoid a visit to the emergency room.
- > However, if you are unable to reach a provider and you have an urgent issue concerning your surgical site/wound please call 911 or go to the emergency room.

Biopsy results may take up to 14 business days. If you have any questions after that time please call (561) 612-0598