

Wound Care Instructions

Cryosurgery (Liquid Nitrogen),

Biopsy,

Curettage and Electrodesiccation (C&D)

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

- 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 petroleum 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 dermatopathologist 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.

CURETTAGE AND ELECTRODESSICATION: A wound formed by scraping and cauterization of a skin cancer. These wounds may take as long as 4 to 6 weeks to heal. Follow the instructions below.

Wound Care—Follow the Instructions:

1. Leave the original dressing in place for **24 hours, 48 hours, or 72 hours**. DO NOT get the dressing wet.
2. After _____ hours, wash your hands and remove the dressing.
3. Gently cleanse the wound using one of the following: soap and water, saline, or _____ then pat dry with a clean gauze, cotton pad, or a 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.
 - a. DO NOT apply Polysporin, Neosporin, or Bacitracin.
5. Cover the wound with a non-stick bandage such as a 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 the 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 is granulation tissue (normal).
8. Continue these wound care steps until the wound is completely healed.

Activity after Biopsy/Curettage & Electrodesiccation:

- For _____ hours after surgery, do not get the dressing wet.
- After _____ hours, you may shower and bathe as normal.
- Do not swim in pools or hot tubs until the wound has completely healed.
- Discontinue smoking as it slows wound healing, increases risks of infections, and will result in a more prominent scar.
- Remember to use broad spectrum sunscreen with Zinc or Titanium Dioxide at least SPF 30 or higher once the 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 500 mg) as needed unless you are allergic, you have liver disease, or a provider has instructed you not to take acetaminophen.
 - Do NOT exceed 2.5 grams per day.
- Remember if you are on pain medication that may have Tylenol-like drugs in them, please consult your provider.
- If pain is not relieved with extra strength Tylenol (acetaminophen 500 mg), please call the office.
 - Do NOT exceed 2.5 grams per day.

When Should I Call the Office?

- Fever of 101° Fahrenheit or 38.3° Celsius or higher.
- Bleeding is not controlled by direct pressure.
- Pain that increases each day or is not relieved by Tylenol (acetaminophen).
- Rapid or increasing swelling, heat, and/or 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 _____ who can answer your questions and provide guidance. Please call to help avoid a visit to the emergency room.
 - During office hours, contact (_____) _____ - _____ ext. _____.
 - After office hours, contact (_____) _____ - _____ ext. _____.
- 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 can take up to 2 weeks. If you have any questions after that time, please call (_____) _____ - _____ ext. _____.