

After your skin biopsy

This leaflet explains more about what happens after your skin biopsy. If you have any further questions, please speak to a doctor or nurse caring for you.

Your procedure was carried out by.....

- **Pain:** The local anaesthetic will begin to wear off after one to two hours, after the procedure. If you experience any discomfort from your wound, you can take simple painkillers (that you would normally take for headaches) and that will not interact with any other medicines you are potentially taking. If you are unsure, please contact your pharmacist.
- **Bleeding/Bruising:** The surgeon will stop any bleeding, however if you experience any oozing after the procedure, you will be given some swabs to take away with you. Sit upright and press on the wound for 10-15 minutes. Having some bruising is common. To help reduce bruising and swelling, try to apply ice packs for up to 15 minutes at a time.
- **Wound management:** We advise to keep your dressing dry for the first 48 hours, depending on the clinician's instructions. After 48 hours, remove your dressing and wash the wound with soap and water (shampoo, if on the scalp). The dressing may be easier to remove if you wet it first. Flowing water will help to remove any scabs that may have formed.

If the wound has been covered with an antibiotic ointment at the end of your procedure, please continue to apply this regularly until the stitches are being removed. You will be supplied with this medicine.

- Infection: It is expected that your wound may be slightly red and tender to touch for the first couple of days, if it becomes very painful, red and swollen, please contact your GP.

Avoid smoking and alcohol to reduce the chances of infection.

- Stitches: You havestitches, which should be removed by your GP practice nurse indays. Sometimes we use dissolvable sutures instead, which do not need to be removed. You will be informed on the day of the procedure.
- Scarring: Any wound to the skin will result in scarring. To help improve the appearance of the scar, after two weeks massage the area with moisturising cream or Vaseline daily and use sunscreen lotion over the area. Try to avoid direct sunlight for the next six to twelve months.

Contact us

What should I do if there is a problem? Please call our Maxillo-Facial department Monday to Friday 9.00am to 4.45pm on 020 8725 1249.

Out of hours, for emergency advice regarding increasing swelling or bleeding, please contact your GP or the nearest Emergency department.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm,

Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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