Wound Care after a Biopsy or Surgery

Basic Principle: a covered biopsy or surgical wound using antibiotic ointment will heal better and faster than a dry, open wound.

- Remove the band-aid or dressing after 1 or 2 days
- Then, change the dressing DAILY with antibiotic ointment like Polysporin, Neosporin or Bactroban. Your provider may even tell you that Aquaphor is OK
- If the wound is on a hairy area or in a location that is difficult to maintain a band-aid, apply the antibiotic ointment a few times daily to keep the area moist
- Old band-aids and dressing come off easier in the shower. After the shower, gently pad or blot dry the area, apply antibiotic ointment and then cover with an appropriate band-aid or gauze dressing. This should be continued daily until the wound is healed.
- Tylenol (acetaminophen), Advil (ibuprofen) may be taken for pain as needed.
- Aquaphor or Vaseline may be used instead of antibiotic ointment after the first few days to week of wound care.
- Avoid pools, hot tubs and lakes as they can lead to wound infections.
- Avoid exercise initially as it can lead to bleeding.
- For men, if the surgical site is on the beard area, please be cautious not to shave off the stitches.

- If you have any concerns or questions, please feel free to call us:
  Petaluma office: 707-762-5531
  Hercules office: 510-741-7418