

CARE OF YOUR WOUND

No Stitch (2-3 mm punch-biopsy): An absorbent dressing (Kaltostat®) has been applied on the open wound to control the bleeding.

- Leave the dressing on for 2-3 days. The wound needs to be kept dry for 48 hours.
- After removing the dressing, cleanse the wound gently every day with plain water, salty water or water and soft soap. Afterwards may use antiseptic liquid such as Povidone-Iodine (Betadine®). Dry it carefully (you may use cold blow dry).
- The wound may be left open but it is better to cover it with a clean dressing to avoid rubbing of the scar. Replace the dressing every day (1 week).
- A clot/crust will form, don't scratch or remove it until naturally falls off in 1-2 weeks.
- Once the clot has formed, you can apply a scar healing cream to have a better cosmetic outcome of the scar (Cicaplast®, Cicalfate®). Apply it every night for at least 3 months and also apply 50+ sunscreen in the morning if the area is not covered.
- If the scar is dry or itchy, Vaseline may be applied to the wound once a day for 1-2 weeks.
- Avoid sun exposure to the area as much as possible for the next 6 months at least.
- Swimming and spas at not advised for 1 week.
- Minimize physical activity for 1 week.

If there are any problems:

- Minor post-operative oozing of blood onto the dressing is normal and not a cause of concern. If bleeding occurs, this can usually be controlled by firm pressure maintained for 5-10 minutes.
- If your wound becomes red or excessively sore, contact us on (02) 9515 8537, or consult a local doctor.
- For urgent problems outside working ours, please go to your local Emergency Department or contact the Surgical Registrar on duty at Royal Prince Alfred Hospital on (02) 9515 6111.

Results:

For pathology results ring (02) 95158537 in 10-15 working days.

Your GP will receive a copy of the results.