Instructions after Skin Biopsy

Procedure:
You have had a procedure in the office today in which a biopsy of the skin was taken. The area of the biopsy has been injected with a numbing medication called Lidocaine. As this medication wears off, you will feel some burning as you may have felt when the medication was injected. A tiny area was removed and may have been closed with dissolvable sutures that will dissolve over a few weeks. It takes approximately 5 business days for the pathology department to finalize the results.

Activity:
Avoid strenuous exercise/activity for the next 48 hours, walking is permitted. Sitz baths will help alleviate the discomfort and help the area to heal. Therefore it is best to sit in warm water 3-4 times a day for 15 minutes for the minimum of 2 days if possible. Please do not add anything to the warm water such as Epson salt or bubbles. You may take Tylenol or Ibuprofen for discomfort but we will provide you with a narcotic pain medication as well if needed. It is best to alternate between Tylenol, Advil or the narcotic pain medication to have the best pain relief. Please do not exceed 4000 mg Tylenol or 2400 mg Advil in 24 hours. If you are taking the narcotic pain medication, please take 100 mg of stool softener, Docusate Sodium, twice a day to prevent constipation.

Potential Side Effects:
The most common normal side effects include: discomfort and drainage. We will provide you with a pain medication and if this isn’t effective, please try a sitz soak but if the pain is unbearable or worsens please call the office at 617-667-4170 or go to your local emergency room. Other rare but potential serious side effects include infection. If you have a fever >101.4 or experience large amounts of drainage that saturates through your clothing, please call the office or go to your local ER immediately.

Follow-up:
The office should call you within 1 week with the biopsy results and plan. Please call the office at 617-667-4170 if you have not heard from us regarding the results or if you have any questions or are experiencing persistent pain or any other complications.