

**Dr. Tomi Lee Wall**  
**PRE & POST BIOPSY/SURGICAL EXCISION**  
**WOUND CARE INSTRUCTIONS**

**BEFORE YOUR SURGERY (this is not relevant for small biopsies):**

- Stop ASPIRIN **7-10** days prior to surgery, and other ibuprofen-containing medicines such as Advil, Ibuprofen, Aleve, and Motrin **7-10** days before surgery. Vitamin E, ginko, garlic, fish oil, omega supplements should also be stopped **7** days before surgery. They can thin your blood and cause excess bleeding during surgery. Tylenol or Extra Strength Tylenol is okay to substitute instead.
- **Notify your doctor if:**
  - You are pregnant/breast feeding.
  - If you are on blood thinner medications.
  - If you take pre medications prior to dental procedures.
  - Do not drink alcohol 24 hours prior and 48 hours after surgery as it can inhibit wound healing and cause some bleeding.
  - You have had isotretinoin for acne within the last 6-12 months.
- Wear comfortable clothing and have transportation arranged if surgical procedure is done on a part of your body that will make it difficult for you to travel alone.
- Plan on limited mobility and activity post-op, depending on location and size of wound. The amount of time you will have to take off from exercise is variable (usually around 2 weeks in the muscle groups where the surgery was performed).
- Plan on keeping the surgical area dry for 1-2 days after the procedure. This means no showering in that area for 48 hours.

**AFTER YOUR SURGERY OR BIOPSY:**

- You will need to return for suture removal 5 to 14 days after the procedure depending on the area of the body that was treated. **PLEASE DO NOT FORGET TO MAKE THIS APPOINTMENT AS YOU CHECK OUT OF OUR OFFICE.**
- Apply a thin film of antibiotic ointment such as polysporin to the area once or twice a day for 2 weeks along with a band-aid or non stick gauze pad. (Dr. Wall recommends not using Neosporin because many people are allergic to this and you may develop a rash).
  - If you have steri-strips (which look like small pieces of tape), apply a thin layer of polysporin ointment daily over the steri-strips.
  - If you are allergic to antibiotic ointment, use aquaphor or vaseline ointment.
- Do not exercise or perform activities that may stress or stretch the muscle groups under your wound until after your sutures have been removed.
  - This is not a concern if your wound does not have stitches.
- If you experience bleeding, apply direct pressure to the area for 10 minutes. **If bleeding persists, call our office.**
- If you develop signs of what you think may be an infection around the wound, such as

increasing redness, tenderness, pus, or pain please call our office.

- Do not drink alcohol or take any ibuprofen or aspirin containing products such as: Aleve, Advil, Motrin etc...) for 24 hours after surgery.
- If you require medicine to control your pain you may take Extra-Strength Tylenol (acetaminophen). If your pain is not controlled with this, please contact the office at (510) 763-2662.
- If you have been prescribed antibiotics, it is important to take them for the entire course.

**WHAT TO EXPECT:**

- We will always notify you of your biopsy results by phone in approximately 2 weeks. **Please call our office if you haven't heard from Dr. Wall or her medical assistant by this time.**

Rev 1/21