

Biopsy (with or without sutures) – Information for patients

Today / in the near future, you will undergo a minor skin procedure: a biopsy. In this leaflet, you can read what the procedure involves, why it is performed, and what you can expect.

◆ What is a biopsy?

A biopsy is a small piece of skin that is removed under local anaesthetic for examination under a microscope.

This examination enables the dermatologist to determine more accurately what type of skin abnormality is involved and which treatment is most appropriate.

Depending on the location and size of the biopsy, the wound may be closed with or without sutures.

◆ How does the procedure work?

- The skin is first numbed with a small injection (lidocaine).
 - Next, a small piece of skin is removed using a small round instrument (punch).
 - Sometimes the wound is closed with one or more non-dissolvable stitches (sutures).
 - The wound is covered with a plaster or gauze.
 - The entire procedure usually takes only a few minutes.
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◆ After the procedure

- The anaesthetic will still be effective for 1–2 hours; after that, the area may feel slightly tender.
 - You can then care for the skin according to the instructions (see the separate leaflet “Wound Care and Aftercare Instructions”).
 - The results of the tissue examination are usually available within 1–2 weeks. You will receive a separate appointment for this.
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When to contact us

Please contact the practice if you experience:

- persistent bleeding that does not stop after pressing for 10 minutes
 - increasing redness, swelling, pain or pus
 - fever or an open, foul-smelling wound
 - a stitch coming loose or any doubts about the healing process
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General tips

- Avoid sun exposure on the wound area for at least 3 months after healing (protect with SPF 30+).
 - Do not swim, go to the sauna, or engage in sports until the wound is completely closed.
 - Smoking slows down wound healing and increases the chance of a noticeable scar; therefore, try not to smoke during recovery.
 - Wound healing varies from person to person; by following our tips, you are more likely to achieve a better-looking scar.
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We hope this information has been helpful.

If you have any further questions, please feel free to ask them during your appointment.

— **J. Zweegers, MD PhD, dermatologist**

 If you have complaints, questions, or possible complications after this procedure, you can contact the dermatologist by phone **24 hours a day, 7 days a week** at the number below:

 Avonddermatoloog – +31 6 19470564

 www.avonddermatoloog.nl