

Wound Care and Aftercare Instructions – Information for patients

You have undergone a minor skin procedure today. Below you can read what to expect and how to care for the wound most effectively.

◆ General information

The skin was numbed beforehand with a local anaesthetic (lidocaine), except in the case of cryotherapy (freezing).

The anaesthetic usually remains effective for 1–2 hours. After that, the area may feel slightly tender.

You may use paracetamol for pain (do **not** use aspirin or ibuprofen within 24 hours due to the risk of bleeding).

Keep the wound dry for the first 24 hours. After that, you may gently wash it with water and mild soap.

1. Biopsy without sutures

After the biopsy, the wound was covered with a plaster or gauze.

Leave the plaster in place for 24 hours, then replace it if it becomes loose or dirty.

Apply a thin layer of petroleum jelly to the wound 1–2 times a day until a scab/crust forms.

The scab/crust will fall off naturally within 1 to 2 weeks. Do not scratch.

2. Biopsy with sutures

The wound has been closed with a non-dissolvable suture (nylon).

Keep the suture dry for 24 hours after the procedure. After that, you may shower, but do not soak or bathe.

Change the plaster daily and keep the wound clean.

Have the suture removed after:

- 5–7 days in the face
- 10–14 days on the trunk or limbs

After removal, you may apply petroleum jelly or silicone gel if desired.

3. Shave excision with coagulation

The skin has been superficially shaved; the wound has been cauterised (coagulated).

A scab will form, which will fall off naturally within 1–2 weeks.

Keep the area dry and clean.

If the wound feels tight or the scab/crust becomes hard, you may apply a thin layer of petroleum jelly.

Do not scratch or pick at the wound.

4. Coagulation only

Small lesions (such as skin tags or small blood vessels) have been cauterised.

The skin may be slightly red and tender.

A small scab/crust may form, which will fall off naturally.

Keep the area clean and dry, and you may apply petroleum jelly if desired.

5. Cryotherapy (freezing)

No anaesthetic was used.

The area will first turn red, and then a blister may form (sometimes filled with clear fluid or blood).

Leave the blister intact; do not puncture it.

If the blister opens: keep the area clean with water, and if necessary, cover it with a plaster or petroleum gauze.

The scab/crust will fall off naturally within 1–3 weeks.

⚠ Please contact the practice if you experience:

Increasing redness, swelling, pain or pus

Bleeding that does not stop after pressing for 10 minutes

Fever or an open, foul-smelling wound

A suture coming loose or any doubts about healing

💡 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 wound healing and increases the chance of a visible scar. Therefore, try not to smoke during recovery.

Avoid heavy lifting or stretching the wound area; this can cause the wound to reopen or make the scar wider.

Small scars are usually temporary; if needed, you may massage the area after 3 weeks with petroleum jelly or silicone gel.

Wound healing varies from person to person, and so does the appearance of any scar. By following our tips, you are more likely to achieve a better-looking scar.

We wish you a speedy recovery.

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