

Post-Biopsy Care:

TodayI have hadprocedure.

Below are general instructions for the after-care of your procedure:

1. **Keep the biopsy site clean and dry**
 - Keep the biopsy site dry for 48 hours
 - After 48 hours, clean the area gently with mild soap and water once a day.
 - Pat dry with a clean towel—do not rub the wound.
2. **Apply and change the dressing**
 - Apply a sterile bandage to protect the biopsy site for a 1 week or until the wound has healed.
 - Change the dressing daily or if it becomes wet, soiled, or loose.
3. **Monitor for signs of infection**
 - Watch for redness, swelling, warmth, increased pain, or discharge of pus.
 - If any of these occur, contact the practice: (08)8396 0978.
4. **Avoid strenuous activity**
 - Limit movement or pressure on the biopsy site, especially if it's on a joint or sensitive area.
 - Avoid vigorous exercise or heavy lifting until cleared by your doctor.
5. **Pain management**
 - Use paracetamol as directed to alleviate discomfort.
 - Apply ice to the site to reduce swelling, but avoid direct contact with the skin.
6. **Sun protection**
 - Avoid direct sun exposure on the biopsy site during healing.
 - After healing, use sunscreen to protect the area from UV damage.
7. **Follow-up care**
 - Contact our practice if you have any concerns or complications.

By following these post-biopsy care instructions, you can help promote proper healing and reduce the risk of complications. Always follow any specific instructions provided by your doctor.