



Idaho Falls Oral & Facial Surgery
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Directions for Optimal Healing after Face/Skin Biopsy

Rest and Nutritious Foods: Resting and eating nutritious foods are essential for healing to begin and progress normally. High calorie and high protein foods are ideal for the first few days.

Bleeding: The majority of skin biopsy sites will be closed with sutures. Some sutures will be under the skin and some on the surface. These will help control any bleeding. A small amount of ooze can come out of the incision line and will dry and clot. If bleeding persists apply gentle pressure over the site with a bandage and call the office. Keep your fingers away from the site, especially the fingernail.

Control your Pain: Pain control is best obtained and maintained when you use your pain medicines prior to the local anesthesia wearing off. It is wise to eat some food prior to the taking this medicine as well. Take your medicine on a scheduled basis the first day-every four to six hours. You should realize that no pain medicine removes your pain sensation completely but lessens it so as to be tolerable. You may also use Ibuprofen as a second pain medicine. Follow the Ibuprofen label directions. Do not take extra Tylenol; it is already mixed with your narcotic pain medication. If adequate pain control isn't obtained please call us.

Skin Care and Hygiene: Keep the surgical area dry and clean for the first 3-4 days. If white bandaging strips were applied (Steri-Strips) keep these dry for 3-4 days as well. They will help take the tension from the incision site.

If no bandages were used take a Q-tip and dip it in Hydrogen Peroxide and clean the incision line, starting the night of surgery. Remove any dried blood and then cover the area with a thin layer of antibiotic ointment. This should be done every morning and evening for 5-6 days then discontinue this practice. You may have quick showers and gently clean with a wash cloth and mild soap after 3-4 days. Quickly dry off afterward, do not let the water cover the incision for long periods of time for the first 10 days.

Avoid placing makeup on the surgical site for 2 weeks.

If you are going out in the sun, protect the surgical site with a hat for shade. Sunscreen should only be used after 10 days from your surgery and should be used for the next six months when going out in the sun to minimize scarring.

Suture Removal: If skin surface sutures have been placed they will need to be removed 5 to 6 days post-operatively.