



# SKIN | CANCER | FOCUS

## Punch Biopsy Aftercare Instructions

A punch biopsy is a procedure where a small, circular piece of skin is removed for testing. Proper aftercare helps reduce infection, bleeding, and scarring.

### 1. Wound Care

- Keep the biopsy site **covered with a clean dressing** for the first 24 hours.
- After 24 hours, you may **remove the dressing** and gently **wash the area with mild soap and water**. Pat dry.
- Apply a **thin layer of antibiotic ointment** if recommended by your doctor.

### 2. Bleeding

- Minor bleeding or oozing is normal for the first few hours.
- If bleeding occurs, **apply gentle pressure with a clean cloth or gauze** for 10–15 minutes.
- If bleeding continues or is heavy, **contact your healthcare provider**.

### 3. Swelling, Redness, or Pain

- Some **swelling, redness, or tenderness** is normal for a few days.
- You may take **over-the-counter pain relief** such as paracetamol or ibuprofen if needed.
- Avoid rubbing or scratching the area.

### 4. Activity

- Avoid **strenuous activity or swimming** that could expose the wound to bacteria until it has healed.
- Try to **keep the area dry** and clean.

### 5. Scab and Healing

- A small scab will form over the biopsy site. **Do not pick at it**, as this can increase scarring or risk of infection.
- The wound usually heals within **1–2 weeks**, depending on the site and size of the biopsy.

## 6. Signs of Infection

Contact your doctor if you notice:

- Increasing redness, warmth, or swelling
- Pus or foul-smelling discharge
- Severe pain
- Fever

## 7. Follow-up

- If your biopsy required **stitches**, return to your doctor for **suture removal** as advised.
- Your doctor will discuss **results** once the biopsy has been analysed.

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**Tip:** Keeping the site clean and protected is the most important thing. Most punch biopsy sites heal quickly without complications.