

# Care after a skin biopsy

Dermatology Department  
/Haematology Department  
Information for Patients

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## Managing pain

You have been given a local anesthetic. This will last for about 2 to 3 hours. After it has worn off the treated area may be sore. If so, you can take simple painkillers that you would normally take (for example paracetamol) as per the instructions on the pack. Try to avoid anti-inflammatories (such as ibuprofen) as they can delay healing.

If a doctor has advised you to take aspirin for another condition then you should continue to take this as advised.

## Looking after your wound at home

Keep the dressing on and keep it dry for 48 hours. You may then gently remove the dressing and bathe or shower as normal, and pat dry with a clean towel. If the dressing is stuck to the wound then you can soak it off in the bath or shower. Generally there is no need to put a fresh dressing on after this, but if any stitches catch on your clothing you may feel more comfortable with a dry dressing in place.

Occasionally the dressing may need to be left on for a longer time. If this is the case you will have been given specific instructions.

Sometimes a small amount of blood leaks from the wound in the first few hours after the procedure. This is nothing to worry about and it usually stops by itself. Very occasionally the oozing doesn't stop. If this happens put a pad of soft material (kitchen roll or something similar) over the dressing and apply firm pressure for at least 5 minutes. Do not remove the dressing unless it is soaked through as this may make the bleeding worse.

You should avoid swimming until stitches have gone and the area has healed.

Itching is common during healing. Once stitches have gone, moisturiser may help.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

The date of your procedure was: \_\_\_\_\_

The operating team were: \_\_\_\_\_ and \_\_\_\_\_

You have had \_\_\_\_\_ removable stitches to close your wound. Please make an appointment to see the nurse at your GP surgery on \_\_\_\_\_

If your surgery is unable to provide this service please call 111.

You have had dissolvable stitches to close your wound. These stitches dissolve by themselves and do not need to be removed. You may see them through your skin; this is normal. They can take up to 4 weeks to dissolve.

## What should I look out for?

Very occasionally a wound may become infected. Signs of this are excessive pain, swelling, redness, heat or discharge. If you have any of these symptoms you should contact your GP or:

for Dermatology patients: Dermatology Clinic on 0116 258 5162 / 0116 204 7896

for Haematology patients: Osborne Day Care on 0116 258 5263

Haematology and Oncology 24 hour helpline on 0808 178 2212

## What happens next?

**Dermatology patients:** - after your procedure, you will either be sent another clinic appointment through the post or your doctor will write to let you know the results of the biopsy report. This can sometimes take 6 to 8 weeks.

**It is important that you know the result of your skin biopsy. If you have not received either a result letter or a clinic appointment within 2 months please contact the Dermatology Medical Secretaries on 0116 258 5162.**

**Haematology patients:** - you have undergone a skin biopsy as a sample of your DNA was needed for a whole genome sequencing (WGS) test, as you have, or are suspected of having, an eligible haematological condition. Your skin biopsy will be analysed as part of this test and the results communicated to you. You will receive an appointment with your haematology team to discuss the next steps. For further information about the genomic test, please speak with your haematology team.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)