

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 (like 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 (2 days). You may then gently remove the dressing. 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. Often there is no need to put a fresh dressing on after this. For any stitches that can catch on your clothing you may feel more comfortable with a dry dressing on.

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

Sometimes a small amount of blood leaks from the wound in the first few hours after the procedure. This is nothing to worry about. It often stops by itself. Sometimes the oozing does not 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. When the stitches have gone, you can use a moisturiser to help with this.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

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 GP surgery is unable to give you 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?

Sometimes 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: **0116 258 5162 / 0116 204 7896**

for Haematology patients: Osborne Treatment Centre: **0116 258 5263**

Haematology and Oncology 24 hour helpline: **0808 178 2212**

What happens next?

Dermatology patients: after your procedure, you will be sent to 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 do not have a results 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. This is because you have, or are suspected of having, an eligible haematological condition. Your skin biopsy will be analysed as part of this test. We will let you know of your results. You will get an appointment with your haematology team to talk about the next steps. For more 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

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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 uhl-tr.equalitymailbox@nhs.net