



Skin Biopsy Requiring Sutures

A skin biopsy involves removing a round section of skin a few millimetres in size to be sent for analysis. This procedure will help establish a diagnosis for the skin complaint for which you sought medical care.

You now have some sutures at the site where the biopsy sample was removed. Ultimately, you will develop a small scar at this site.

Will I experience pain afterwards?

The local anaesthetic will begin to wear off after 1–2 hours. Ordinarily, biopsy patients feel no pain after their procedure, but in the unlikely event that you experience discomfort, you can take over-the-counter painkillers containing paracetamol (e.g., Alvedon, Panodil) to ease the pain. Avoid other types of painkillers, since these can prevent your blood from clotting and thereby slow the healing process.

How should I care for my wound?

- Keep the dressing dry for the first 48 hours.
 - We have applied a dressing that you can shower with after 24 hours. Change this dressing as needed.
 - We have applied a compression bandage that you must keep dry for two days. After two days, you should remove this compression bandage but leave the brown paper tape closest to the sutures in place. You can shower as normal after removing the bandage. Pat your wound thoroughly dry after showering.
- For the first few days after your biopsy you should avoid pain-relieving medication that increases the likelihood of bleeding, especially medication containing acetylsalicylic acid (e.g., BamyI and Treo) but also medications such as IpreN and Naproxen. Certain health food supplements (e.g., omega-3 fatty acid and cod liver oil capsules) should also be avoided for the same reason. On the other hand, if you are taking anticoagulant drugs (a.k.a. blood thinners) prescribed by a doctor, you should continue taking these as usual.
- You must avoid physical exertion for the first few weeks.
- If your biopsy wound is on your lower leg, you should wear a compression stocking until it has healed.
- Avoid saunas and swimming pools until your wound has healed.
- Make an appointment at your local healthcare centre (*vårdcentral*) to have your sutures removed.

Your sutures must be removed in _____ days.



Bleeding

It is unusual for a skin biopsy wound to bleed. Nevertheless, if your wound should begin to bleed, sit down and press down firmly and continuously on the dressing for at least 15 minutes. Be aware that you are likely to develop bruising if your biopsy sample was taken from a delicate area, such as close to your eyes.

Signs of infection

You can expect your wound to be red, swollen and tender for the first few days after your biopsy. While infections after biopsies are uncommon, if your wound suddenly becomes more painful, or becomes warmer/redder/more swollen, it may be infected. In that case, you should contact us or a primary healthcare provider.

Your skin biopsy sample will be sent for examination under a microscope. You will generally be informed of the results of the analysis within 6–8 weeks via either letter or phone, as agreed upon with your doctor.