



Dr. *Francis* T. Hall

EAR, NOSE, THROAT, HEAD & NECK

## Skin biopsy care

A biopsy is simply taking a small piece of tissue. The piece of tissue is sent to the pathology laboratory and the pathologist determines the diagnosis.

### What to expect?

The biopsy is done under local anaesthetic in the clinic. You are awake but the area of interest will be numb (just like when you have a filling at the dentist). Dr Hall will inject some local anaesthetic into the area. After a few minutes the area will be numb. You will not feel any pain but you will still feel touching and pulling. Dr Hall will test the area to make sure it is numb before proceeding. A small piece of tissue is taken and sent to the laboratory. Any bleeding is controlled with silver nitrate cautery, this seals any blood vessels. A single suture is placed. The site of the biopsy may be a little sore and swollen for about 5 days.

### How can you care for yourself at home?

#### Activity:

- As there is no sedation it is safe to drive after your biopsy.
- Avoid strenuous activities, such as bicycle riding, jogging, weightlifting, or aerobic exercise, for 2-3 days after your biopsy. This reduces the chance of bleeding

#### Incision care:

- For the first two days following the skin biopsy, keep the incision dry. After two days you can get the incision wet. Remember to pat the incision dry after you shower and not to rub the incision.
- Remove the dressing after two days.

#### Pain medicines:

- Dr Hall recommends simple pain medication such as paracetamol (Panadol) and ibuprofen (Brufen). It is best to take regular pain medication for two days following the biopsy.

#### Problems:

- Very occasionally an infection may occur. If the pain is getting worse, the area is more swollen or if you feel very unwell, please contact Dr Hall straight away.

#### When do I get my results?

- Usually, the pathologist sends a typed signed report to Dr Hall about one to two weeks after the surgery. Occasionally it may take the pathologist longer to issue a report either because of the complexity of your case or because of a higher than usual workload. Dr Hall will contact you by phone or text once he receives the pathologist's report in his inbox. He will advise you what the next step is to manage your condition.

#### Follow up appointment

- Dr Hall usually sees his skin biopsy patients about 1-2 weeks later. His nurse Rebecca will arrange your follow up appointment for you.

**Any problems call or text Dr Francis Hall on 021 733 677**

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