



Sun Protection

Apply sunscreen. When you are going to be outside, even on cloudy days, apply sunscreen to all skin that will not be covered by clothing. Reapply approximately every two hours, or after swimming or sweating. Use a broad-spectrum, water-resistant sunscreen that protects the skin against both UVA and UVB rays and that has an SPF of at least 30.

Use one ounce of sunscreen, an amount that is about equal to the size of your palm. Thoroughly rub the product into the skin. Don't forget the top of your feet, your neck, ears, and the top of your head.

Seek shade. Remember that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.

Protect your skin with clothing. When going outside wear a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.

Use extra caution near water, sand or snow as they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.

Get vitamin D safely. Eat a healthy diet that includes foods naturally rich in vitamin D, or take vitamin D supplements. Do not seek the sun.

If you want to look tan, consider using a self-tanning product, but continue to use sunscreen with it. Don't use tanning beds. Just like the sun, UV light from tanning beds can cause wrinkling and age spots and can lead to skin cancer.

Check your skin for signs of skin cancer. Your birthday is a great time to check your birthday suit. Checking your skin and knowing your moles are key to detecting skin cancer in its earliest, most treatable stages.



Post Biopsy Care Instructions

Keep the area clean and dry for 24 hours. After 24 hours, remove the bandage. Cleanse the area with antibacterial soap and water, or hydrogen peroxide and water to remove any blood or crust formation around the suture(s). Pat dry with a clean gauze or cloth. Apply vaseline over the biopsy area or sutures and cover with a clean bandage.

Leave the bandage on to protect the biopsy site while showering, but change it immediately AFTER showering IF it gets wet.

Avoid strenuous activities and exercise that may put stress on the biopsy site until the suture(s) are removed.

For discomfort, do NOT use aspirin, aspirin-containing products, ibuprofen, or alcohol for the first five days after your biopsy. This may increase bleeding at the biopsy site. Instead, you may take Tylenol (acetaminophen) or Extra Strength Tylenol, one or two tablets every four hours.

If bleeding occurs, apply continuous, FIRM pressure with a gauze or the bandage for 15-20 minutes. If bleeding persists, repeat the pressure for an additional 20 minutes. If bleeding continues, you should notify the office immediately. If the office is closed, go to your nearest emergency or acute care facility.

Some soreness and redness will be expected. If the area becomes very sore, red, hot to touch, swollen, or there is a cloudy discharge notify the office immediately. If you have a fever, notify our office immediately, you may have an infection that will require additional care to resolve. Bruising and swelling may occur after the biopsy is performed. This is normal and can last up to a week or so. Swelling usually increases for the first 24-48 hours and then begins to improve. Contact the office if this swelling does not improve or gets worse on the 3rd or 4th day after your biopsy.

Please contact the office with questions and/or concerns.