

## BIOPSY CARE INSTRUCTIONS

### Nature of Procedure

You just had a procedure called a skin biopsy. There are two types of skin biopsy procedures: punch biopsy and shave biopsy. The punch biopsy tool is similar to a small circular cookie cutter that removes a circular piece of tissue. A suture is often required for proper wound healing. The shave biopsy blade goes flush with the surface of the skin and no suture is required.

### Care for Biopsy Site(s)

#### Supplies:

Cotton-tipped applicator (Q-tip)

Band-Aid

Vanicream or Aquaphor or Vaseline ointment

Saline Solution or Soap & Water

1. Leave the bandage on for 24 hours and keep the area covered and dry.
2. If you experience any discomfort, take Tylenol as directed every 4-6 hours. We recommend that you avoid aspirin, non-steroidal anti-inflammatory agents such as Motrin or Advil, and alcohol for the first 24 hours as these may increase the likelihood that you will bleed.
3. Except when bathing, keep the area dry. If the dressing gets wet, change it.
4. Clean the biopsy site once a day:
  - a. Wash hands before and after the dressing change.
  - b. Use Saline Solution or soap & water to gently cleanse the area to remove any crusting or scabbing.
  - c. Pat the area dry.
  - d. Gently apply Vanicream or Aquaphor or Vaseline ointment with a Q-tip to keep the wound moist for better healing.
  - e. Cover with a dry non-stick pad or Band-Aid.
  - f. When the surface of the skin has healed (approximately 5 to 10 days), wound care may be discontinued.
5. It is normal for healing wounds to feel slightly tender to the touch, look pink around the edges and slightly yellow in the center of the wound. However, if after a few days it becomes increasingly red, swollen, painful, hot, or develops a discharge, please call our office.

### Potential Complications

Complications are rare but may include pain, loss of blood, infection, allergic reaction to anesthetic, scarring, and other complications. If you notice any of these or other concerns, please call the office immediately at (949) 364-8411.

### Biopsy and Pathology Billing

Our office bills for our services, but based upon your specific case and your insurance you may also be billed from Harris Histology, Dermatopathology Institute, and occasionally other labs as part of your diagnosis and treatment plan.





## BIOPSY RESULT NOTIFICATION – PATIENT PORTAL

Your pathology and lab results may be available on your secure patient portal immediately upon our receipt of the report. You may see the results prior to your Dermatologist having the opportunity to review the report(s).

**Please give our team 1 week after the information is posted** to contact you with the recommended treatment plan. Your doctor needs time to review the report(s), coordinate with consulting physicians, develop a personalized treatment plan, and communicate the plan to you. We will call you by phone to coordinate any necessary treatment.

**If you have not heard from the office either via phone or electronically after 21 days post-biopsy, please contact the office to follow-up.**

### Step-by-Step Guide to Access the Portal

#### Step 1: Get Web-Enabled

- Stop by the Front Desk to get Web Enabled.
- Open the Email from: The Dermatology Center at Ladera
  - Subject Heading: Patient Portal access info from Ladera Dermatology
  - This message contains your Username and Password.
  - Log into the portal and set a new password.

#### Step 2: Get Biopsy Results

- Wait about 2 weeks for your biopsy results to be processed.
- Watch for an email from: The Dermatology Center at Ladera
  - Subject Heading: New Message from Ladera Dermatology
  - This is notification that your biopsy results are available.
- Click the link <http://portal.LaderaDerm.com> located in the email.
  - Click on “View your health record” to access your Patient Portal
- Login with your Mobile Phone number
  - Enter your First Name, Last Name, and Date of Birth
    - Verify with the Mobile phone number
  - Or, login with your User Name and Password
    - Follow instructions on “Trouble logging in?” link, if necessary
- Once you log in, you will see the “Messages” box.
  - Click to view biopsy results

