



Northwestern Skin Cancer Institute, Ltd.

Olympia Centre
737 North Michigan Avenue, Suite 2310
Chicago, IL 60611

Telephone: 312-266-6647 Fax: 312-266-6612

Office Hours: Monday-Thursday 8:30am – 3:30pm & Friday- 8:30am-11:30am

HOME CARE INSTRUCTIONS AFTER PUNCH BIOPSY

1. Keep band-aid on for 24 hours. Remove prior to showering
2. Clean with soap and water TWICE daily.
3. Apply a thin layer of Vaseline or Aquaphor over the wound and cover with bandage, after each cleaning.
4. Make an appointment to have sutures removed in _____ days.
5. Avoid heavy lifting or exercising until sutures are removed. This means no sit-ups, jogging, running, free-weight lifting, swimming, racquet ball, tennis, yoga, Pilates, golf, tennis, bowling or speed walking without doctor's permission. Avoid swimming pools, hot tubes, lakes and steam rooms until sutures are removed.
6. Do not take aspirin or aspirin containing pain relief medication until sutures are removed. If taking aspirin prescribed by your primary doctor, internist or cardiologist continue to take as prescribed. For pain relief take Tylenol, every 4-6 hours as directed on bottle. Do not exceed 3 grams of Tylenol in a 24hour period. Do not drink alcoholic beverages if taking Tylenol or pain medications.
7. If bleeding should occur, apply direct pressure with gauze or a clean cloth continuously for 20 minutes. If bleeding persists for over one hour contact our office or the after-hours physician phone number.
8. Please call the office or your doctor if you have any signs of infection such as: increased redness, increased pain after day three, temperature, swelling and/or purulent drainage.

After hour physician numbers:

Dr. J.C. Lapiere
Cell: (312) 505-5326

Dr. Neda Ashourian
Cell: (773) 510-8615

Danielle Sandoval, PA-C
Cell: (773) 430-1285