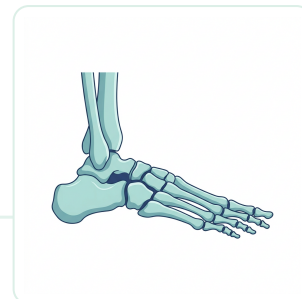


PATIENT EDUCATION · SOFT TISSUE & BIOPSY PROCEDURES

Biopsy Procedures

A biopsy is the removal of a small sample of skin, nail, or soft tissue so it can be examined by pathology. Biopsies may be performed when further diagnosis is needed for a concerning, changing, non-healing, or unusual lesion. Wigley Feet coordinates pathology to help guide next steps.



For educational illustration only.

At a Glance

Focus area	Soft Tissue & Biopsy Procedures
Goal of care	A biopsy is the removal of a small sample of skin, nail, or soft tissue so it can be examined by pathology.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Patients with a concerning or changing skin or nail lesion
- Those with a non-healing or unusual lesion
- Patients needing a tissue diagnosis to guide care

How We Evaluate

- Examination of the lesion
- Discussion of when a biopsy is appropriate
- Pathology coordination and result review

When to Seek Care

- A lesion that is changing, non-healing, or unusual
- A new or growing spot on the foot or nail
- Color, shape, or texture changes that concern you

Treatment Options

- Observation when appropriate
- Biopsy when further diagnosis is needed
- Referral based on findings

What to Expect

1

A clear explanation of the biopsy and why it is recommended

2

Coordination of pathology

3

Follow-up to review results and next steps

Your Surgery Journey — Before, During & After

BEFORE SURGERY

- Complete any requested labs, imaging, or medical clearance
- Review your medications with us — some may need to be paused
- Follow eating/drinking instructions if anesthesia is planned
- Arrange a ride home and loose, comfortable clothing
- Wash the foot the night before; remove nail polish if asked

DURING SURGERY

- Local anesthesia numbs the area for most office-based procedures
- You may feel pressure or movement, but should not feel sharp pain
- Most procedures take roughly 30–90 minutes
- Our team monitors your comfort throughout

AFTER SURGERY

- A sterile dressing protects the surgical site
- You may receive a surgical shoe or boot for walking
- Mild soreness is normal as numbness wears off
- Written instructions and follow-up scheduling before you leave

Dr. Wigley's Post-Op Instructions

1. Keep the dressing clean, dry, and in place until we remove or change it — no peeking.
2. Elevate the foot above heart level as much as possible for the first 48–72 hours.
3. Apply ice as directed (about 20 minutes on, 20 off) over the dressing — never directly on skin.
4. Take medication exactly as prescribed; stay ahead of pain rather than chasing it.
5. Follow your weight-bearing instructions and wear the surgical shoe/boot whenever walking.
6. No soaking, baths, swimming, or getting the site wet until cleared at follow-up.
7. Call the office right away for: fever over 101°F, spreading redness, foul drainage, bleeding through the dressing, severe pain not relieved by medication, or new calf pain/swelling.
8. Keep every follow-up appointment — healing is monitored at each visit.

Important: These are general guidelines. Always follow the personalized instructions given to you at your visit — they take priority over this handout. Questions after surgery? Call (305) 895-9528.

Common Questions

Does a biopsy mean something is wrong?

Not necessarily. A biopsy is a way to gather more information so your care team can guide the right next steps.

Sources & Further Reading

• American College of Foot & Ankle Surgeons — FootHealthFacts.org

• MedlinePlus, U.S. National Library of Medicine — medlineplus.gov

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.