CRYOTHERAPY

1. Select Appropriate Sized Applicator
   - Soak in liquid nitrogen

2. Apply Liquid Nitrogen To Site
   - Light pressure for flat warts, molluscum, skin tags
   - Firm pressure for raised warts, seborrheic keratosis, actinic keratosis

3. Freeze Lesion
   - Identify whiteness
   - Freeze margins for warts and actinic keratosis

4. Spray Cryospray To Freeze Lesion
   - Spray at appropriate distance
   - Spray paintbrush fashion, centrifugally or transversely

SHAVE BIOPSY

1. Anesthetize The Skin
   - Position needle perpendicular to skin
   - Inject intradermally
   - Raise wheal under lesion

2. Stabilize Skin
   - Stretch skin with finger and thumb

3. Select Cutting Instrument
   - Select razor or #15 scalpel

4. Make Incision
   - Angle scalpel blade or curve razor between thumb and forefinger for proper depth.
   - Use smooth, even cutting motion
Excisional Biopsy Checklist

1. Plan Excision
   - Outline excision with surgical pen (elliptical, diamond, hexagon)
   - Make elliptical excision with length 3x width

2. Make Initial Excision
   - Begin with point of scalpel blade
   - Use middle of scalpel blade for middle of incision
   - End with point of scalpel blade at end of incision
   - Angle blade edge slightly away from lesion

3. Excise Incision
   - Lift corner of excision with tissue forceps
   - Evenly undermine the skin with scalpel or scissors at level of subcutaneous fat

4. Close Wound
   - Select suture placement sites by using "rule of halves"
   - Grasp needle 1/3 distance from eye with needle holder
   - Place needle point perpendicular to skin, 1–2 mm from wound edge
   - Drive needle point down, then up into center of wound
   - Pull needle through with holder
   - Repeat process from center of wound to point 1–2 mm from opposite wound edge
   - Approximate wound edges by tying two or more surgical knots

Punch Biopsy Checklist

1. Anesthetize The Skin
   - Position needle perpendicular to the skin
   - Inject intradermally
   - Raise wheal under lesion

2. Stabilize The Skin
   - Stretch the skin with thumb and forefinger

3. Cut Core Biopsy
   - Place punch perpendicular to skin surface
   - Apply steady downward pressure
   - Turn punch smoothly in clockwise direction
   - Stop when punch reaches subcutaneous fat ("gives way")

4. Remove Biopsy Core
   - Press fingers downward on adjacent skin to pop up core
   - Lift core with needle or forceps
   - Cut base of core with tissue scissors

5. Close Wound
   - Select suture placement sites by using "rule of halves"
   - Grasp needle 1/3 distance from eye with needle holder
   - Place needle point perpendicular to skin, 1–2 mm from wound edge
   - Drive needle point down, then up into center of wound
   - Pull needle through with holder
   - Repeat process from center of wound to point 1–2 mm from opposite wound edge
   - Approximate wound edges by tying two or more surgical knots