

POST-OPERATIVE INSTRUCTIONS FOR BIOPSIES

*****PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY*****

Procedure

A biopsy is any procedure which is either incisional (small piece) or excisional (all of an area including margins) of tissue or bone is taken and sent to a pathologist for examination to determine its origin.

Bleeding

Some bleeding is expected after any surgical procedure and is normal part of healing. Gauze is provided so you can maintain your biopsy sight. If you have had a biopsy inside your mouth you will need to moisten your gauze, squeeze out excess water then place gauze in order to apply pressure to the area. If your procedure was outside the mouth you will need to hold gauze in place in order to apply pressure. Bleeding can continue for up to 72 hours after a procedure, especially if the area has been stimulated by movement. If any sutures have been placed, most in the mouth will dissolve on their own in 7-10 days. If a non-dissolving suture is placed you will be informed and they will be removed at your post-op appointment. On the ride home, have the patient recline and for children, watch for chewing of the tongue.

Physical Activity

If you have had sedation you may not operate a motor vehicle or any hazardous device for at least 24 hours following surgery, or until you are fully recovered from the effects of anesthesia. Also, if you are taking narcotic pain medication the same rules apply as above. Remember sports or any other physical activity will speed up your heart rate and promote bleeding.

Diet

You may be more comfortable with a soft diet (mashed potatoes, soft pasta, scrambled eggs, etc...) but you can eat what you like, you are only limited by your own discomfort. Please remember that you should eat before taking any pain medication it will reduce your chances of getting nauseas. Also any gauze should always be removed before sleeping, eating or drinking.

Swelling

Swelling is a normal part of any surgery, and can increase for 72 hours after surgery, then start to decrease by the 5th day.

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Rinsing / Wound Care

If your procedure was inside the mouth, you should rinse with warm salt water rinses starting the day after your surgery (1 teaspoon salt in a glass of warm water), 2-3 times a day for at least 1 week following the procedure to help promote healing. If your procedure was outside the mouth you will need to keep it covered when you shower to keep it as dry as possible, changing the dressing regularly will help prevent infection but you should also allow the area to breathe so it will heal. After your sutures are removed you need to apply sun screen to the area when outside or the scar will redden and be more prominent.

Ice / Heat

You may be instructed to place ice/heat packs (provided) on the area. If so place the cloth side toward the skin for 20 minutes on and then 20 minutes off for the next 12 - 24 hours. (Place pack in the freezer for 1 to 2 hours) This will aid in the relief of pain as well as reduce swelling. After 48 hours you may switch to heat (place in microwave for 20 seconds) DO NOT OVER HEAT AS THE PACK MAY RUPTURE OR SCALD YOUR SKIN.

Medication

If you have been given a prescription for medication please get it filled and take as directed on the bottle, AFTER EATING. Antibiotics should be taken until gone and pain medication used only if needed. If needed, you can alternate pain medications as prescribed with an over the counter analgesic 600-800mg (Aleve, Ibuprofen, Advil, Motrin). Alternatively, you can take only over the counter medications every 6-8 hours as needed for pain.