

Biopsy Post-Operative Instructions

Try not to disturb the area where your Biopsy was performed. To avoid irritation, keep your tongue & fingers away from the surgical site. Do NOT pull up or down the lip or cheek to look at the area. You may have stitches; don't be alarmed if they loosen or fall out before your post op visit. Pathology results from a biopsy may take up to two weeks. Your doctor will inform you of your results. This is usually done at the time of your follow up appointment.

Discomfort: Slight swelling of the operated area is not unusual. Even bruising and chapped lips may occur. **A reusable ice bag or a frozen vegetable bag**, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. **Alternating 20 minutes on and 20 minutes off** will usually be adequate during the **first 24-48 hours after surgery**. If the biopsy was taken from the tongue or roof of mouth then direct application ice chips will be most beneficial.

Bleeding: Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery. Avoid extremely hot foods for **the rest of the day** and do NOT rinse out your mouth, as these will often prolong the bleeding. **Do NOT Spit, or use a drinking straw, as the suction may dislodge the blood clot.** Cold foods such as ice cream or shake are OK as long as you use a spoon. **If bleeding continues, apply light pressure to the area with a moistened black tea bag. Keep in place for 20-30 minutes without looking to see if the bleeding has stopped. (NO PEEKING!).** If bleeding increases or occurs past the initial 48 hours, please call our office to notify the doctor and receive further instructions.

Eating / Diet: Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. **Chew on the opposite side and do NOT bite into food if the procedure was done in front of the mouth.** Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids. You may return to a normal diet, as tolerated, beginning the day after surgery.

Homecare: Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where we have done surgery, lightly brush with a Q-tip in toothpaste include the biting surfaces of the teeth. **Starting tomorrow**, Please use Peridex, or chlorhexidine mouth rinse 2X a day (morning and night) for two days; 30 seconds of rolling it around will do. **Vigorous rinsing should be avoided!!!**

Activities: Resume normal activities a day after surgery, or as directed by doctor. Please keep physical activities to a minimum immediately following surgery. Avoid smoking for as long as possible following surgery. The use of tobacco products slows down the healing process and may lead to developing other complications. We strongly recommend avoiding tobacco products for one full week.

If you had IV sedation today: You may feel sleepy or relaxed, avoid any activity for the rest of the day; take it easy. For your safety, avoid drinking, signing legal documents and working for the next 12-24 hours.

Take Ibuprofen or Acetaminophen as Follows:

- 400 mg as needed for discomfort, not to exceed four doses per day.
- 400 mg four times a day for two days, then as need for discomfort.
Take prescribed pain medication as needed and directed.
- 400 mg four times a day for four days, then as needed for discomfort.
Take prescribed pain medication as needed and directed.

Last given: _____

Please call if you have any questions and concerns:

Office: 260-471-1222 or 800- 572-2655, **Dr. Lee:** (C) 260-494-7496