



AFTER BIOPSY

A biopsy is a procedure in which an area of tissue or bone is taken and sent to a pathologist for examination to determine its origin. These instructions provide some general guidelines for your post-operative care.

Bleeding

Some bleeding is expected after any surgical procedure and is a normal part of healing. Gauze will be provided to you to help control bleeding following your biopsy. If you have had a biopsy inside your mouth you will need to moisten the gauze, squeeze out the excess water and place over the incision, applying pressure to the area. If the biopsy was outside of your mouth you will need to hold gauze in place to apply pressure. A small amount of bleeding can continue intermittently for a few days, especially if the area is stimulated by movement. If stitches were placed inside your mouth they will dissolve on their own in 7-10 days. If non-dissolving stitches were placed we will remove them at your post op visit. Any physical activity will raise your heart rate and increase bleeding, so minimize any exercise for a few days following surgery.

Swelling

Swelling is also a normal part of post-operative healing, and can increase for 2-3 days following any surgery, slowly resolving after this. You may be instructed to apply ice and or heat to the area. If so, we will provide you with an ice pack to apply to the area for 20 minutes at a time for the first 48 hours. This will help minimize swelling and pain during this time. After this, switch to heat. Warm moist towels work well.

Medications

If you have been sedated for your procedure you may not drive for 24 hours. You may have a prescription for pain medication. If you take the first pill before the anesthetic has worn off, you will be able to manage any discomfort better. Some patients find that stronger pain medication causes nausea, but if you precede each pain pill with a small amount of food, chances of nausea will be reduced. Ibuprofen, Motrin, or Advil at your normal dose maybe used to supplement the effects of the pain medication.

An antibiotic mouth rinse may be prescribed to help keep the area clean. If so, do not use it until the morning after your biopsy to avoid stimulating further bleeding during the initial healing. If an antibiotic was prescribed make sure to take it until completely gone. If your procedure was outside of your mouth you will need to keep it clean and apply an over-the-counter antibiotic ointment regularly throughout the day to keep it moist and avoid scarring. After the sutures are removed you will need to apply sunscreen when outside to the area to avoid the scar darkening and becoming more prominent.

Diet

Hydration and nutrition are important for healing following surgery. You may be more comfortable with a soft diet initially, but you can eat what you like. Room temperature to cooler, soft foods such as ice cream, sherbet, jello, pudding, juices, room temperature soups, and pasta are suggested. Avoid extremely hot foods. **DO NOT USE A STRAW FOR THE FIRST FEW DAYS AFTER SURGERY.**