

## BIOPSY POST-OPERATIVE INSTRUCTIONS

1. It is normal to experience bleeding and some discomfort following a biopsy. Swelling and bruising can also be expected at the surgery site.
2. If you have gauze placed over the surgical site at the completion of treatment, leave it in place for 45-60 minutes. If the gauze becomes saturated with blood or saliva and is no longer applying pressure to the area, change it to a fresh piece of gauze and continue to apply pressure for another 45 minutes.
3. Swelling gradually increases and is worst the third day after the procedure.
4. An ice pack is helpful in preventing swelling and decrease pain. Depending on which area the biopsy is located, an ice pack may not be able to be used. To be effective, it must be applied as soon as possible after surgery. Do NOT place you ice pack directly on skin.
5. If medication is prescribed for pain control, it should be taken as directed by your doctor. Minor discomfort can be controlled with Tylenol or Aspirin. Motrin 800 mg every eight hours or Motrin 600 mg every six hours also helps. You may take Motrin for up to 7 days. Motrin should be taken with food. Do not take these medications if you have any reaction to them or have been instructed not to.
6. Diet varies greatly from patient to patient. It is usually best to start with liquids or soft foods and return to a regular diet as tolerated. Generally anything that is comfortable to eat is okay. Avoid any foods you have to chew while you are still numb. Foods you may have while waitinf for numbness to wear off are things like pudding, yogurt applesauce, ice cream. Once your sensation has returned you may have pasta, mashed potatoes, eggs
7. Remember a clean mouth will heal faster than a dirty mouth. You can brush your teeth the same day as your procedure, just be cautious of surgical site. Continue to brush your teeth twice a day. The day after procedure you may start salt water rinses after meals to help keep everything clean.
8. Avoid doing the following for 72 hours after your procedure.
  - No vigorous rinsing (gentle rinsing is fine)
  - No spitting
  - No straws
  - No smoking or alcohol
  - No mouthwash

9. If you have any further questions or problems, please contact your surgeon's patient care coordinator

Dr. Blakey: Jessica Kiley 919-537-3703

Dr. Turvey: Tamiqa Chargois 919-537-3702

Dr. Reside: Angel Cummings 919-537-3704

Dr. Daniel: Angel Cummings 919-537-3704

Dr. Fisher: Amber Mills: 919-537-3705

10. If there is an after-hours or weekend emergency, please call at (919) 966-4131 and ask for the **Oral and Maxillofacial Surgery Resident on call**.