

After Biopsy or Removal of Tissue

Do not disturb the wound. Avoid forceful spitting or touching the wound on the day of surgery. There may be a special perio-packing (that looks similar to bubble gum) that has been placed over the tissue site. Do not remove the perio-pack. The doctor will remove this material at your next visit. *Biopsies/ tissue removals do not always require the use of perio-packing, such as areas of the tongue or lip.*

Bleeding

Some bleeding or redness in the saliva is normal for 12 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes or until saturated. Repeat if necessary. If bleeding continues, please call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack, or a plastic baggie filled with ice, to the face where surgery was performed. Apply the ice pack 20 minutes on/off, as much as possibly, for the next 24 hours. *Do not use ice packs if the biopsy/tissue removal was performed on the tongue. Ice will not help for swelling of the tongue.* Cold foods can help provide comfort of the tongue and/or palate after biopsies.

Diet

Drink plenty of fluids. Avoid hot foods and hot liquids while numb. Do not eat spicy foods. Soft foods should be eaten the day of surgery. Return to a normal diet within 7-10 days, unless otherwise directed.

Pain

Take pain medication as described on pain medication instruction card Steps 1-3 as needed. Stop medication if an allergic reaction occurs. The prescribed pain medication will make you groggy. Do not drive an automobile or operate machinery. Avoid alcoholic beverages while taking pain medicine.

Antibiotics

Be sure to take prescribed antibiotics as directed to help prevent infection. Do not discontinue antibiotics. Always finish antibiotics unless an allergic reaction or unusual reaction occur.

Oral Hygiene

Good oral hygiene is essential to good healing. Warm salt water rinses (1/2 tsp. salt, 8oz. warm water) should be used at least 4-5 times a day. Brush your teeth, and be gentle with brushing near the surgical site.



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