



Post-Operative Instructions Biopsy

Sometimes the after-effects of oral surgery are minimal, so not all of these instructions may apply. Common sense will often guide what you should do. However, if in doubt, follow these guidelines or call our office for clarification. Our phone number is: 425-428-5888.

DAY OF SURGERY

- **FIRST HOUR**

Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not controlled. The packs may be gently removed after one hour.

If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary (typically every 30–45 minutes). It is best to moisten the gauze with tap water and loosely fluff it for more comfortable positioning.

- **EXERCISE CARE**

Do not disturb the surgical area today. Do not rinse vigorously or probe the area with any objects. You may brush your teeth gently.

Please do not smoke for at least 72 hours, as smoking is very detrimental to healing and may increase the risk of the incision opening and not healing properly.

- **OOZING**

Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting down for 30–45 minutes at a time.

- **PRESISTENT BLEEDING**

Bleeding should never be severe. If it is, it usually means that the gauze packs are being clenched between the teeth only and are not exerting pressure on the surgical areas. Try repositioning the gauze packs.

If bleeding persists or becomes heavy, you may substitute a tea bag (soaked in very hot water, squeezed damp-dry, and wrapped in moist gauze) and bite on it for 20–30 minutes. If bleeding remains uncontrolled, please call our office.



- **SWELLING**

Swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag, or a bag of frozen peas wrapped in a towel and applied firmly to the cheek adjacent to the surgical area.

Apply the cold pack 20 minutes on and 20 minutes off during the first 24 hours after surgery.

If you have been prescribed medication to control swelling, be sure to take it as directed. Severe swelling of the neck or tongue is not normal and should be reported to our office immediately.

- **BRUISING**

Bruising and discoloration are not unusual.

If your surgery was in the lower jaw, bruising may appear in the neck and chest area.

If your surgery was in the upper jaw, bruising may extend into the cheek and lower eyelid.

Bruising can be improved with heat starting 48 hours after surgery. A towel or washcloth soaked in hot water and wrung out works best for applying moist heat.

- **PAIN**

Most oral surgery is accompanied by some degree of discomfort. You will usually receive a prescription for pain medication.

Ibuprofen is typically best for controlling pain. If you take the first dose before the anesthetic has completely worn off, you should be able to manage discomfort more effectively.

If prescribed, narcotic pain medication should only be taken if absolutely necessary. Some patients experience nausea with narcotic pain medication. Taking the medication with a small amount of food may help reduce nausea. For questions about your prescription, remember that your pharmacist is an expert.

The most severe discomfort typically occurs within six hours after the local anesthetic wears off. After that time, your need for medication should decrease.

If you find yourself taking large amounts of pain medication at frequent intervals, please call our office.

If you anticipate needing additional prescription medication for the weekend, please call for a refill during weekday business hours.

- Begin pain medication after surgery and after eating.
- Begin antibiotics, if prescribed, six hours after surgery.
- Follow all medication instructions provided by the pharmacy.



- **DIET**

Eat nourishing foods that can be taken comfortably. Avoid extremely hot foods.

Do not use a straw for the first week after surgery.

For the first few days, it may be helpful to limit your diet to liquids or soft foods, such as:

- Soups
- Yogurt
- Pudding
- Smoothies
- Milkshakes

Avoid foods such as nuts, sunflower seeds, popcorn, and similar items, as they may become lodged in the surgical areas.

After approximately four days, you may gradually return to more solid foods.

It is important not to skip meals. Maintaining proper nutrition will help you feel better, maintain strength, reduce discomfort, and promote healing.

You should also drink water after eating or drinking anything (including juice) to help rinse away food debris and sugar from the mouth.

If you are diabetic, maintain your normal eating habits or follow the instructions provided by your physician.

INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

- **MOUTH RINSES**

Keeping your mouth clean after surgery is essential.

Use the Peridex rinse that was prescribed to you, following the directions on the bottle, starting the day after surgery. Only use Peridex for 5–7 days.

An irrigating syringe may have been provided to help clean the surgical site. If needed, it can be used beginning on day three after surgery to help remove food debris.

(The video shown to your escort states seven days. Please disregard that instruction and begin irrigation on day three.)



The syringe may be used after meals, snacks, or drinks.

A small hole may remain at the surgical site for 3–6 weeks. It is important to gently flush this area regularly to remove food debris.

- **BRUSHING**

Resume your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may prevent vigorous brushing, but please make every effort to clean your teeth within the limits of comfort.

- **HOT APPLICATIONS**

After the first 48 hours, you may apply warm compresses to the areas of swelling using:

- A hot water bottle
- Warm, moist towels
- A heating pad

Apply 20 minutes on and 20 minutes off to help soothe tender areas and reduce swelling and stiffness. Heat will also help bruising resolve more quickly.

- **HEALING**

Normal healing after a biopsy typically follows this pattern:

- The first two days after surgery are generally the most uncomfortable and swelling is common.
- By the fourth day, discomfort usually improves, although swelling may still be present. At this point you may begin transitioning to a more substantial diet.
- Healing should then progress with gradual and steady improvement.

It is common to feel a firm area or bump near the surgical site. This usually resolves slowly but may take up to three months to disappear.

Do not stretch your lips or cheeks to inspect the area, as this may cause the incision to reopen.



It is our goal to make your recovery as smooth and comfortable as possible. Following these instructions will help, but if you have any questions, please call the office where your surgery was performed.

A 24-hour answering service is available to contact the doctor on call after hours. Calling during office hours will result in a faster response.

PLEASE NOTE: Prescription refill requests are only accepted during office hours.

We wish you a smooth and speedy recovery.

Sincerely,
The Adara Surgical Institute Team