

ORAL BIOPSY POST-OPERATIVE INSTRUCTIONS

Please follow these instructions carefully to promote healing, reduce discomfort, and protect the biopsy site.



1. BITE ON GAUZE

- If gauze has been placed over the biopsy site, hold firm pressure on the gauze for 30 minutes to 1 hour after your procedure.
- Do not chew on the gauze or spit, as this can increase bleeding.
- A small amount of blood or blood-tinged saliva is normal.
- If bleeding continues, place fresh, slightly moistened gauze over the area and apply firm pressure for another 30 minutes.
- **If bleeding is heavy or does not improve with firm pressure, contact our office immediately.**



2. PROTECT THE BIOPSY SITE

- **Do not pull, stretch, or repeatedly check the surgical area with your tongue, fingers, or lips.**
- If sutures are present, avoid pulling on them or disturbing them.
- Some tenderness, discomfort, swelling, or tightness around the biopsy site is normal during healing.
- If the biopsy was performed near the lip, keep the area moisturized with Chapstick or lip balm as directed.
- It is normal for the site to appear pink, purple, or blue-black. This discoloration will fade as the area heals.



3. EAT SOFT, BLAND FOODS

- For the first few days, choose foods that are soft, mild, and easy to chew.
- Good choices include yogurt, applesauce, eggs, mashed potatoes, oatmeal, soft pasta, smoothies (without a straw), protein shakes, and lukewarm soups.
- **Avoid very hot, spicy, acidic, salty, hard, crunchy, or sharp foods that may irritate the biopsy site.**
- Gradually return to your diet as you become more comfortable chewing, and the numbness has gone away.



4. BRUSH AND RINSE GENTLY

- Gently brush your teeth, being careful around the biopsy site.
- **Do not brush directly over the surgical site unless instructed by your surgeon. Do not use mouthwash for 1 week.**
- Begin gentle warm salt-water rinses the day after surgery, unless instructed otherwise.
- Rinse gently after meals and before bedtime. Do not swish vigorously or spit forcefully.
- Mix 1/2 teaspoon of salt in 8 oz. of warm water for rinsing after meals.



5. MANAGE SWELLING AND PAIN

- Apply an ice pack to the outside of your face as directed, generally 20 minutes on and 20 minutes off during the first 24–48 hours.
- Keep your head elevated when resting or sleeping.
- Take your pain medication and any other medications as prescribed.



6. AVOID SMOKING, VAPING, AND ALCOHOL

- Avoid smoking and vaping during the initial healing period. Smoking and vaping can interfere with healing and increase the risk of complications.
- **Do not drink alcohol while taking prescription pain medication or antibiotics.**



7. REST AND LIMIT ACTIVITY

- Rest for the remainder of the day following your procedure.
- Avoid strenuous exercise, heavy lifting, and activities that significantly increase your heart rate or blood pressure for the first 24–48 hours, or as directed by your surgeon. Please note that an increased heart rate can increase swelling and pain.



8. PLEASE CONTACT OUR OFFICE IF YOU EXPERIENCE:

- **Excessive bleeding that won't stop, severe or worsening pain, significant or worsening swelling, fever, pus or drainage, foul taste or odor, wound separation, or difficulty swallowing or breathing.**
- Office Number: **(404) 378-2331**

BIOPSY RESULTS

Your biopsy specimen will be sent to a pathology laboratory for examination. Pathology results may take up to two weeks to return. Georgia Oral Surgery will contact you regarding the results and any recommended follow-up.

Thank you for allowing us to care for you! We wish you a smooth and speedy recovery!

These instructions are general guidelines. We may give you additional or different instructions based on your specific procedure and needs.