

## Post-Operative Instructions: Oral Pathology

- Bleeding may occur for several hours after your procedure. This bleeding can be controlled by placing a rolled up, clean gauze directly over the surgery site and applying firm pressure. Change the gauze every 45 minutes until there is just a red spot, then leave gauze out.
- You should drink liquids and eat soft foods for the first 24 hours after surgery, starting 1 hour after leaving. No steaming hot foods for 24 hours after surgery. Hot encourages bleeding.
- NO smoking, use of straws, vigorous rinsing, spitting, or use of commercial mouthwashes for 48–72 hours.
- If stitches are used, they are dissolvable and will come out by themselves in 3–10 days.
- You may gently brush your teeth following surgery, but stay away from the open area and stitches for a few days.
- On the FIRST DAY after surgery, start salt water rinses 2–3 times a day for 5 days. (One teaspoon of salt per 8 ounces of warm water.)
- Remember to keep your mouth as clean as possible during the healing period.

### YOU MAY EXPERIENCE

**Pain:** Take your medication as directed. If you are not allergic or intolerant to non-steroidal anti-inflammatory drugs, start taking Tylenol® along with Aleve® every 6 hours as needed for pain, or as instructed by your doctor at the time of your surgery. If you are asthmatic, do not take ibuprofen unless you have tolerated it in the past. Be sure to take your pain medicines with food; this will help prevent nausea. The antibiotics are also better tolerated when there is food in your stomach, but you may wait until dinner to start.

**Swelling:** Mild to moderate swelling and bruising is normal after surgery and should subside over the next 3–5 days.

**Bleeding:** If heavy bleeding occurs while holding pressure with gauze, contact the office.

**Stiffness:** This is a normal response to surgery. Exercising your mouth will help.

**Numbness:** This is a normal reaction to the local anesthesia injected. Numbness will usually only last 2–3 hours.

### PATH SPECIMEN AND RESULTS

A tissue specimen (biopsy) was sent to the University of Texas Health Science Center in San Antonio for pathology diagnosis. You will receive a bill for this service. However, your medical insurance plan may provide coverage for this fee. We will see you for a follow-up within the next 2 weeks, or Dr. Ioppolo will call you with the biopsy results.