

Post-Operative Instructions: Biopsy

You may remove the gauze entirely after the first hour if bleeding is controlled.

It is normal to have some oozing and blood tinged saliva for today and tomorrow. Do not eat, drink, or sleep with gauze in your mouth.

As the local anesthetic begins to wear off, you may begin to experience pain. As medically able, take 600 mg of ibuprofen (Advil® or Motrin®) every 6 hours for the next 3 days. This will help control swelling and inflammation. Starting the ibuprofen before the local anesthetic wears off is a great way to manage discomfort.

If you are given a prescription narcotic, use this in conjunction with the ibuprofen. If you notice that you are taking the maximum dosage of pain medications at frequent intervals, please call our office.

If possible, apply an ice pack to the area of the face that is adjacent to the surgical site. Use for 20 minutes, then remove for 20 minutes. Repeat process as many times as you can for the first 24 hours.

Do not disturb the surgical area today. Do not use any over-the-counter mouthwashes. Do not brush the area or disturb the gum tissue. You may use a warm saltwater rinse (1 teaspoon of salt in 8 ounces of water) to soothe your mouth and keep it clean. Gently move the rinse around in your mouth. No vigorous swishing or spitting. You may repeat the rinse as often as desired but no less than 2–3 times daily.

No smoking for at least 48 hours.

If after 3–4 days you notice increased swelling, pain, or redness, this could indicate infection. Notify your surgeon.

You may have sutures to the affected area. Some sutures will dissolve on their own, whereas others may need to be removed. Your surgeon can tell you which type you have.

You will have a follow-up appointment in approximately 2 weeks to discuss your biopsy report findings.

Thank you for letting us participate in your care. If you have any questions or concerns, please call (903) 534-1414.