

**POST-OPERATIVE INSTRUCTIONS: BIOPSY**

We realize that having any surgery can be stressful. These instructions provide some general guidelines regarding post-operative care. Thank you for choosing APEX Surgical Centre for Oral + Facial Surgery.

**BIOPSY PROCEDURE**

A biopsy is a simple procedure where a specimen of tissue or bone is removed and sent to a pathologist for examination.

**BLEEDING**

Some bleeding is expected after any surgical procedure and is a normal part of healing. Gauze is provided so you can maintain your biopsy site. If you have had a biopsy inside your mouth you will need to moisten the gauze and gently place it over the surgical wound in order to create pressure. Bleeding can continue for up to 24 hours after a procedure, especially if the area has been stimulated by movement.

**SUTURES**

If sutures are placed, they will dissolve away on their own unless otherwise specified by the oral surgeon. It is not uncommon for a suture to come loose inside of the mouth. In the absence of significant pain or bleeding, this is generally not a problem.

**PHYSICAL ACTIVITY AND LIMITATIONS**

If you have had sedation, you may not operate a motor vehicle for at least 24 hours following surgery. You may not operate a motor vehicle under the influence of narcotic pain medications. Remember that sports or other strenuous physical activity will speed up your heart rate and promote bleeding.

**DIET**

Avoid eating or drinking for the first 2 hours after your surgery. Medications may be taken with a small sip of water at any time after the procedure. You may be more comfortable with a soft diet (mashed potatoes, soft pasta, scrambled eggs, etc.). Eating prior to taking pain medication will reduce your chances of nausea.

**SWELLING**

Swelling is a normal part of any surgery. Typically, swelling reaches its peak about 72 hours after surgery and then starts to go down.

**RINSING/WOUND CARE**

You should rinse with warm salt water rinses starting the day after your surgery (1 teaspoon of salt dissolved in one cup of lukewarm water). Rinse 4-6 times per day for at least 1 week following the procedure.

**ICE/HEAT**

You may be instructed to place ice packs on your face for the first couple of hours after surgery. If this is the case, a good regimen is 20 minutes on followed by 20 minutes off. This should aid in the relief of pain and reduce swelling. Heat (in the form of a warm washcloth) can be placed on the face but should not be started until post-operative day number 3, unless specifically instructed by your doctor.

**MEDICATION - SPECIFIC MEDICATION INSTRUCTIONS WILL BE DISCUSSED DURING DISCHARGE TRAINING.**

If you have been placed on antibiotics, take the tablets or liquid as directed. Antibiotics will be given to help prevent infection. Please call the office in the event of a rash or other unfavorable reaction.

We hope that your recovery will be smooth and pleasant. Following these instructions will assist you, but if you have questions about your progress, please call the office. A 24-hour answering service is available. Calling during office hours will afford a faster response to your question or concern. Our office number is (250) 371-7076.