

Biopsy Post-Operative Instructions

What can I expect after surgery?

- Minor bleeding and “oozing” for 1-2 days.
- Swelling increases for the first 3-5 days after surgery
- Discomfort is expected for the first several days with improvement occurring when swelling goes down.
- Tightness and stiffness to the jaw and joint areas are expected because of swelling and will improve once the swelling goes down.

What are my post-operative instructions?

- After the first 24 hours following surgery, rinse gently with warm salt water after brushing and flossing at night to remove loose food debris in the biopsy site. This can continue 1-2 weeks. Brush gently avoiding the biopsy sites for 1-2 weeks. You do NOT need to rinse your mouth more than at night generally. Recommend only rinsing your mouth out at night after brushing and flossing.
- You may be biting on gauze when you leave the clinic. This gauze should remain for 30 minutes. After that, you may take the gauze out and observe the extraction area for continued bleeding from the extraction site. If it is bleeding like a fresh wound (bright red, dripping blood) bite on additional clean gauze for approximately 30 more minutes. Repeat as necessary until the area stops bleeding. If necessary, you may use black/green tea bags with pressure on the extraction site. The ingredients of those tea bags have improved ability for blood clotting.
- **Remember** a little blood and a lot of saliva will look like a lot of blood, usually it is just a lot of saliva.
- Do not smoke, spit, drink through a straw, or drink carbonated beverages for 7 days after surgery.
- No rinsing for the first 24 hours.
- Use an ice pack to reduce swelling and discomfort. Ice packs can be applied for 20 minutes on and 20 minutes off for the first 48 hours (while awake).
- Most of the time if a suture is used it will dissolve on its own. This usually lasts several days to 2 weeks depending on the type of suture that was placed.

What should my activity level be?

- If you have received IV sedation **do not** drive for 24 hours or while taking Narcotics.
- Avoid activities that increase blood pressure to reduce the chance of further bleeding and prolonged healing time from extraction sites.
- If you are experiencing more pain with the activity that you are participating in, decrease the activity level or stop completely.

Are there diet restrictions after surgery?

- Your first day should consist of soft, cool foods such as: Jell-O, pudding, yogurt, applesauce, mashed potatoes, cottage cheese and ice cream. Soup is fine if it is room temperature only.
- Around day 3-4 you may resume regular diet as tolerated, but should your jaw start to ache, resume soft diet for a couple more days to rest the jaw muscle.

How do I manage pain after surgery?

- You may be given pain medication or be directed to use an over-the-counter pain medication, either will help with discomfort and painful swelling (inflammation). Be sure to take as directed.

- Ibuprofen is recommended rather than a narcotic pain medication for initial use since most of the pain is a result of swelling. Anti-inflammatories are designed to reduce swelling from occurring which will decrease your pain level.
- Narcotic pain medications may be prescribed for use to overcome extreme discomfort. Using Tylenol (acetaminophen) may be an alternative to narcotic pain medication for less severe pain related symptoms.

What other medications will I have to take?

You may be given a prescription for antibiotics. Be sure to take them as directed.

- Unless otherwise instructed, continue taking any medications prescribed by your primary care physician.
- After oral surgery procedures, pain is best managed with scheduled doses of NSAIDs such as Ibuprofen (up to 3200 mg daily) and Acetaminophen (up to 3000 mg daily).
- In addition to the above medications, short term opioids may be prescribed by your provider. We recommend that you limit opioid use to instances when you feel severe pain (7/10 or more) despite scheduled doses of NSAIDs and acetaminophen.
- Use of opioids (even short-term use) may lead to physical dependence and addiction.
- To dispose of used opioids, return to opioid take-back clinics or pharmacies. You can also mix it with coffee grounds in a sealed bag and dispose of it in the garbage. Do not flush opioids down the drain.

What follow-up care will I receive?

- You may be given an appointment to return to the clinic for a post-operative check before you are discharged from the clinic. This will usually be about 1 weeks after surgery if it is necessary.
- Write down and bring any questions you have to this appointment.
- If you are unable to keep the appointment, please be sure to call and reschedule.

When should I call my doctor?

- If you have increased swelling or bruising beyond the initial swelling from surgery.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications such as: rash, nausea, headache, vomiting, increased irritability, or constipation.
- If you have an oral temperature over 100.3 degrees. Check to make sure you are getting enough liquids. Dehydration can cause the body temperature to rise.

Who should I call if I have questions?

- (623)439-2222, Monday - Friday, 8:00 a.m. – 4:00 p.m.
- After hours and on weekends, call (623)439-2224