

Postsurgical Instructions: *Biopsy Surgery*

Care of the mouth after oral surgery has an important effect upon healing. Swelling, discomfort, restricted jaw function, and cheek discoloration is expected, and need not cause alarm. These may be minimized by the following instructions. Please read them carefully. It is strongly urged that they be followed.

Bleeding Control

- Remove the gauze pack upon arriving home. Slight bleeding is expected. If bleeding persists, place a roll of sterile gauze over the wound and apply firm pressure for 30 minutes. Any stitches placed will dissolve in 3 to 7 days.

Pain Control

- The numbing agent will last about 2 hours. You can expect soreness at the surgical site for the first few days. Take Ibuprofen (Advil/Motrin) and/or Acetaminophen (Tylenol) as per bottle instructions for discomfort. Do not exceed the maximum recommended dose in 24 hours. A prescription pain medication may be prescribed if warranted.

Swelling Control

- Apply ice packs to the face – on for 20 minutes, then off for 20 minutes. Repeat for the first 24 to 48 hours as needed. Swelling reaches its peak during the first 48 to 72 hours, then subsides.

Diet

- Start with cold, soft foods after the procedure, then advance to your normal diet over 24-48 hours.

Oral Hygiene

- Resume brushing your teeth the day after surgery. Begin salt water rinses (1/2 teaspoon table salt mixed in a large glass of warm water) the day after surgery. Rinse your mouth after meals and before bedtime for one week.
- Avoid any alcohol-based mouthwashes for one week, as these can irritate the surgical site.
- Do not smoke for at least 24 hours after surgery. It is best to avoid smoking for a week as this will help to insure a rapid and uneventful recovery.

Physical Exercise

- Rest for the remainder of the day. You may resume your normal activities the day after surgery.

Allergic Reaction / After Hours Contact: If you develop hives or a rash, discontinue all medication and immediately contact our office.

Telephone Support 24/7: 360-671-4859 Please call our office with any questions. Surgical assistants are available to answer your questions Monday through Friday. For after-hours support, we utilize a third party answering service. If they do not answer, leave your name and telephone number. The doctor will return your call immediately. If the doctor does not call back in 20 minutes, please call again.