

Perry H. Trester
D.M.D., F.R.C.D.(C), F.A.D.S.A., F.I.C.D., F.A.C.D.

Ali M.M. Sadeghi
D.M.D., M.D., F.R.C.D.(C)

H. Tony David
D.M.D., M.S.

Ben Kang
D.M.D., F.R.C.D.(C), Dip. A.B.O.M.S.

Joel B. Epstein
D.M.D., M.S.D., F.R.C.D.(C), Dip. A.B.O.M.



#209 - 179 Davie Street
Vancouver, BC V6Z 2Y1
Phone 604 688 7781
Fax 604 683 2203

vancouver@westcoastoralsurgery.ca
www.westcoastoralsurgery.ca

Instructions Following Biopsy

Biopsies of the mouth, like in other parts of the body, require careful attention to post-operative care in order to promote healing.

- **DO NOT DISTURB THE WOUND**
Avoid touching the wound, only on the day of surgery, as this might prolong the bleeding
- **BLEEDING**
Some oozing is normal for 24 hours. Using a damp sterile gauze, place continuous steady pressure on the biopsy site for 60 minutes to control any bleeding. Avoid lifting the gauze frequently to check for blood. If you run out of gauze, apply pressure with a moistened tea bag. Do not drink any liquids through a straw in the first 24 hours as this will displace the blood clot and may prolong oozing. Do not smoke
- **PAIN**
Before the anesthetic diminishes and the sensation starts to return, consider taking pain medication. Use as directed. Drink at least ½ a glass of water when taking the pill or capsule.
- **DIET**
Soft cool food and liquids will be easier to eat. Return to a normal diet as soon as possible unless otherwise directed.
- **ORAL HYGIENE**
Mouth and wound cleanliness is essential to good healing. Rinse your mouth gently with warm salt water (½ teaspoon of salt in a full glass of warm water) on the evening of the biopsy and continue to rinse after eating until healing is complete. Avoid vigorous swishing as this may induce bleeding. Brush your teeth as normal.