

Biopsy Post-operative Instructions

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 half 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 tsp 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.

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