

BIOPSY POST-OP INSTRUCTIONS

After Your Oral Biopsy

You have just had a small piece of tissue removed from your mouth for biopsy. Please follow these instructions carefully to promote healing and reduce the risk of complications.

Numbness: Your mouth may remain numb for **1-3 hours**. Avoid chewing, drinking hot liquids, or biting your lips/cheeks until the numbness fully wears off.

- It is possible to have residual numbness or tingling for **6+ weeks**. If it lasts longer than that, please call or text our office.

Bleeding

- Some minor bleeding or oozing is normal for the first **24 hours**.
- If bleeding occurs, place firm pressure with a folded piece of clean gauze (or a slightly moistened tea bag) directly on the site for **20-30 minutes** without interruption.
- Avoid spitting, rinsing, or using straws for the first **24 hours**, as this may restart bleeding.

Pain & Swelling

- Mild discomfort is expected. To minimize pain, over the counter medications can be taken as long as you do not have any allergies to them or if you have any other medical contraindications.
- Take **600-800mg** ibuprofen (*Motrin, Advil*) every **6-8 hours** and **500mg** acetaminophen (*Tylenol*) every **4 hours** as needed for pain. An example of this is below:

| 0 hr | 4 hr | 8 hr | 12 hr | 16 hr | 20 hr | 24 hr |
|-----------|---------|-----------|---------|-----------|---------|-----------|
| Ibuprofen | | Ibuprofen | | Ibuprofen | | Ibuprofen |
| Tylenol | Tylenol | Tylenol | Tylenol | Tylenol | Tylenol | Tylenol |

- All medications should not exceed the recommended dosage. It is important to take medication before the numbness wears off.
- Swelling is usually minimal, but applying an ice pack to the outside of your mouth during the first **24 hours** or as needed for pain can help.

Eating & Drinking

- Avoid hot, spicy, crunchy, or hard foods along with any food that has little bits (i.e. chips, crackers, nuts, seeds, grains) for the first **24-48 hours**.
- Stick to soft, cool foods such as yogurt, smoothies, eggs, or mashed potatoes.
- Stay hydrated but avoid using straws for **48 hours**.
- Avoid alcohol as it will delay healing.

Oral Hygiene

- If the biopsy site is close to your teeth, do NOT use an electric toothbrush, Waterpik, or floss in the area of the biopsy for at least **1 week**. Instead use a soft-bristled, manual toothbrush.

- Avoid vigorous rinsing or swishing for **1 week** after biopsy to avoid disturbing the formation of a healing blood clot.
- After **24 hours**, you may begin gently rinsing with a warm, saltwater solution (1/2 teaspoon salt + 8 ounces warm water). Do NOT vigorously rinse. Instead, simply hold the saltwater in the surgical area for **30-60 seconds** by tilting your head. When going to spit, do so by putting your mouth over a sink or cup and letting the water fall out. Do NOT vigorously spit.
- Avoid mouthrinse with alcohol as it will delay healing.
- Avoid touching the biopsy site or pulling at your lips to look at it as this may disturb the area.

Stitches (if placed)

- If stitches were used, they may dissolve on their own within **1-2 weeks**.
- If non-dissolvable stitches were used, you will be scheduled for removal at your follow-up visit.

Activity

- Rest the day of your surgery.
- Avoid strenuous activity, bending, or heavy lifting for **24-48 hours**.

Biopsy Results

- Your tissue sample will be sent to the lab to be viewed under a microscope. Results are usually available within **7-14 days**.
- You will have a scheduled appointment with your dentist to discuss your results. This may be in person or over the phone depending on the situation.

Call or text Our Office Immediately If You Notice:

- Heavy bleeding that will not stop after applying pressure
- Severe pain not controlled by medication
- Fever, chills, or signs of infection (increasing swelling, redness, pus, or foul taste/odor)
- Difficulty breathing, swallowing, or opening your mouth.

If you have questions or concerns, please contact our office at **(303) 237-1553**.

If it is after hours and you experience an emergency, please go to the nearest urgent care or emergency room.