



ORAL BIOPSY POST-OPERATIVE INSTRUCTIONS

POST-OPERATIVE CARE

If used, dissolvable sutures will be used and typically fall out on their own 5–10 days after surgery. If they do not fall out, they will be removed at our post-operative visit. Keep your fingers and tongue away from the surgical site and do not mess with the sutures. It is ok to apply ice to site for 20-minute intervals to help reduce swelling, bleeding or pain.

MEDICATIONS

Take your pain medications as directed. Do not use multiple pain medications at the same time. Take your pain medications with food and do not drink alcohol or drive if on an opiate pain medication. You may restart all other routine medications other than Aspirin/NSAID's (Aleve, Advil, Motrin, Ibuprofen, Alka-Seltzer) three days after surgery.

ACTIVITY

Rest quietly for the first 24 hours. Gradually increase activities when you feel comfortable. For the first week avoid strenuous activities that increase the heart rate. Do not lift objects greater than 20 lbs. Sleeping with your head elevated above your heart for the first 3-5 days is recommended. This will help reduce the post-operative swelling. This can be done by sleeping in a reclining chair or by propping yourself with several pillows in bed.

DIET

A clear liquid diet is advised for the first 12 hours after surgery. Then, it is best to eat soft foods that do not require a lot of chewing and are easy to swallow. Avoid alcohol and acidic foods as these can burn. Slowly advance to a regular diet as tolerated.

GENERAL ANESTHESIA

Do not drive for 24 hours or while taking pain medication, do not drink any alcohol for 24 hours or while taking pain medication. Do not make any critical decisions for 24 hours. You must have a responsible adult stay with you for 24 hours after the surgery.

CALL OUR OFFICE (760) 479-2100

For a persistent temperature above 101.5 degrees or severe chills, nausea or vomiting, pain not relieved by oral medication, difficulty breathing or if your surgical site develops increased redness and/or swelling. Some redness and swelling at the area can be normal and should be decreasing each day after the surgery.

FOLLOW UP APPOINTMENT

You will have your first post-operative appointment with at our office 5-7 days after your surgery. At this time, we will discuss your pathology report and remove any remaining sutures (if sutures were necessary). This appointment should already be scheduled for you by our surgery scheduler.