



BASE OF TONGUE BIOPSY POST OPERATIVE INSTRUCTIONS

MEDICATIONS

Take your pain medication as directed. Take pain medication with food and do not drink alcohol or drive while using pain medicine. For the first few nights you should set your alarm for every 4 hours to take your pain medication. It is not uncommon to experience more pain one week following your surgery compared to right after your procedure. During this time, you may need to restart your medication. Do not be alarmed as this is normal and part of the healing process. It usually lasts between 1-3 days. If you are taking pain medication regularly you may begin to have constipation and should take a stool softener. These medications are over-the-counter (such as Docusate Sodium).

ACTIVITY

No heavy lifting or straining for 2 weeks. For the first few days, it is recommended to sleep and rest (watch TV or read a book). Going for walks during the first few days is a good idea. After the first week, you may slowly progress your activity and by the second week you can return to normal activity.

DIET

A liquid and/or soft diet is recommended for the first 3-5 days after your surgery. Avoid acidic foods and alcohol. It is ok to progress to solid foods as tolerated after allotted time frame.

WORK

Most patients plan to take at least 1 week off of work to recover. Every patient is different and some return to work sooner. This will depend on the extent of your surgery, your recovery experience and the nature of your work. If you have a desk job, you may be able to go back to work sooner. If you have a job that demands strenuous labor, you may need to take as many as 2 weeks off or until your body has had adequate time to heal.

TRAVEL

No airplane travel for 2 weeks following surgery due to risk of bleeding.

GENERAL ANESTHESIA

Do not drive for 24 hours following general anesthesia or while taking pain medication. Do not drink any alcohol for 24 hours following general anesthesia or while taking pain medication. You must arrange for a ride and have a responsible adult stay with you for 24 hours after 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 profuse bleeding.

FOLLOW UP APPOINTMENTS

You will typically have 1 post-operative visit one week after your biopsy. At this appointment we will discuss your pathology results. This appointment should already be scheduled for you by our surgery scheduler.