



### **POST-OPERATIVE INSTRUCTIONS AFTER A BIOPSY**

#### **BLEEDING:**

Bleeding is to be expected following your surgical procedure. Place a sterile gauze, folded to about thumb size over the bleeding area. Make sure the gauze is over the surgical area. Bite firmly on the gauze to maintain **gentle pressure for half an hour**. If bleeding has not subsided, use a fresh gauze for an additional half hour. **Repeat as necessary**. Bleeding may last for several hours the first day. If bleeding persists, you may substitute a tea bag (soaked in hot water, squeezed dry and wrapped in moist gauze) for 30 min. If still not controlled, call the office or the doctor on call.

#### **DIET:**

Cold foods such as jello, pudding, yogurt and ice cream are recommended the day of surgery. The day following surgery a soft diet is recommended, advancing to your normal diet as tolerated.

#### **SWELLING:**

Following dental procedures, some swelling is to be expected. Normally, swelling will reach its peak 48-72 hours following surgery. This swelling will begin to resolve by the 4<sup>th</sup> day. To minimize swelling apply **an ice bag** to the outside of your face for **the first 6-8 hours following surgery**.

#### **PAIN:**

Moderate to severe pain can be expected following dental surgery. If you can take NSAIDS, take Ibuprofen 600mg every 6-8 hours (with food) for 48-72 hours after surgery. If you have pain after you have taken the Ibuprofen, we suggest you take Tylenol 500-650mg every 6 hours. As a last resort, you may take the prescription pain medication if needed. A Prescription for pain medication will be given to you. Use this as directed. Do not take pain medications on an empty stomach, as this could cause nausea.

#### **HYGIENE:**

Brush your teeth the evening of surgery, being careful to avoid brushing the areas where sutures were placed. You may also rinse your mouth 2-3 times a day with warm salty water or mouthwash.

#### **DO'S**

1. **DO** Take medications only as directed. If an antibiotic is prescribed, finish the prescription as directed.
2. **DO** Elevate your head on 2-3 pillows while sleeping.
3. **DO** Call or text our office if you are having any problems or if you have any questions.

#### **DON'T'S**

4. **DO NOT** smoke after oral surgery, this will increase bleeding and increase the risk of burning the surgical area.
5. **DO NOT** operate an automobile or any dangerous machinery for at least 24 hours or until fully recovered if you have been "put to sleep"