



## **AFTER BIOPSY**

Our primary goal is to ensure that you recover quickly and fully after your procedure. The best way to support healing and reduce the chances of complications is by carefully following the aftercare instructions provided.

### **What to Expect After Surgery**

While most patients experience minimal side effects, it's helpful to know about some possible short-term symptoms:

**\*\*Swelling:\*\*** Swelling can vary depending on the patient and the procedure. It typically peaks 36-48 hours post-surgery and will gradually reduce over the next 3-4 days. You might also notice minor bruising along with the swelling.

**\*\*Discomfort:\*\*** The most noticeable discomfort usually occurs right after the anesthesia wears off. We recommend starting your prescribed pain medications before the numbing effect fades completely.

**\*\*Bleeding:\*\*** Some minor bleeding or oozing from the surgical site is normal in the first 24 hours. Blood may mix with saliva, which can make it appear worse than it is. You might also notice some blood-tinged saliva for a few days after surgery, especially after eating or brushing your teeth. This is a common symptom and should not be a cause for concern.

**\*\*Sutures:\*\*** Stitches may be needed to close the incision site. Unless otherwise instructed, assume that your stitches are self-dissolving. They might begin to loosen and fall out within a couple of days, and will likely dissolve completely within a week.

### **Biopsy Aftercare Instructions**

Caring for the surgical site is crucial to ensure proper healing and prevent infection.

**\*\*Controlling Bleeding:\*\*** To reduce bleeding, keep your head elevated during the first 24 hours of recovery. If bleeding is more than minor, applying firm pressure with a gauze pad usually helps stop it. Place damp gauze pads over the bleeding area and hold firm pressure for 30-minute intervals as needed.

**\*\*Diet:\*\*** After surgery, you can begin drinking cool liquids right away. Avoid spicy or hot foods. Over the course of the first week, you can transition from liquids and soft foods to a more normal diet, ensuring you maintain proper nutrition during your recovery.

**\*\*Oral Hygiene:\*\*** Start gently rinsing your mouth with warm saltwater 24 hours after surgery. Mix 1/8 teaspoon of salt in a full glass of warm water. Be sure not to swish too vigorously. Aim for about 6 rinses a day for the first week. You can also brush your teeth on the day of surgery, but be gentle around the surgical area.

**\*\*Managing Swelling:\*\*** For the first 12 hours after surgery, apply an ice pack to the surgical area, alternating 20 minutes on and 20 minutes off. After this period, ice will have less effect, but you can continue with moist heat if needed to help reduce swelling and discomfort.

**\*\*Discomfort Management:\*\*** Mild discomfort is common after surgery. Start taking the prescribed pain medication before your local anesthesia wears off. Take it with a full glass of water, juice, or soda to help prevent nausea.

**\*\*Taking Antibiotics:\*\*** If prescribed, take your antibiotics as directed to prevent or treat infection. Be sure to finish the full course of antibiotics. Keep in mind that antibiotics can interfere with oral contraceptives, so it's recommended to use an additional form of birth control during this time.

**\*\*Stretching Your Jaw:\*\*** To prevent jaw stiffness, start applying heat 48 hours after surgery for 15-20 minutes at a time, followed by gentle jaw stretching for a few minutes. Repeat this process 3-4 times daily.

### **What to Avoid After Your Procedure**

To ensure a safe and smooth recovery, avoid the following:

- \* **\*\*Using straws or spitting vigorously\*\*** for the first 24 hours.
- \* **\*\*Rinsing your mouth vigorously\*\*** for the first 24 hours.
- \* **\*\*Smoking\*\*** for at least 24 hours.
- \* **\*\*Mixing alcohol with pain medications.\*\***

### **When to Seek Emergency Care**

If you experience any of the following, don't hesitate to contact our office immediately:

- \* **\*\*Uncontrolled bleeding or significant pain.\*\***
- \* **\*\*Elevated temperature\*\*** (100.5°F or higher).
- \* **\*\*Swelling that worsens or starts after several days.\*\***
- \* **\*\*Inability to open your mouth\*\*** beyond five days.
- \* **\*\*Ongoing irritation at the IV site.\*\***

**If you feel you're facing a life-threatening emergency, call 911 right away.**