



Directions for Optimal Healing after Oral Biopsy

Rest and Nutritious Foods: Resting and eating nutritious foods are essential for healing to begin and progress normally. Soft foods are best to avoid injury to the surgical site. Keep food away from the surgical site. High calorie and high protein foods are ideal for the first few days. Drink extra non-carbonated fluids to avoid dehydration, especially the day of surgery. Do not use a straw and avoid hot foods while still numb from the anesthesia.

Bleeding: The majority of surgical sites for biopsy will be closed with dissolvable sutures. This diminishes the potential for bleeding. However, oozing of blood from the site will occur for 12-24 hours, which will cause your saliva to be tinged red. It is best to keep your fingers and tongue away from this site to avoid further bleeding or disrupting the healing.

Control your Pain: Pain control is best obtained and maintained when you use your pain medicines prior to the local anesthesia wearing off. It is wise to eat some food prior to the taking this medicine. Take your medicine on a scheduled basis the first day-every four to six hours. You should realize that no pain medicine removes your pain sensation completely but lessens it so as to be tolerable. You may also use Ibuprofen as a second pain medicine. Follow the Ibuprofen label directions. Do not take extra Tylenol, it is already mixed with your narcotic pain medication. If adequate pain control isn't obtained please call us.

Cleaning Your Mouth: Oral hygiene may begin the morning after your surgery. If the surgical site is next to the teeth, gently brush them with a soft bristled brush. Avoid ultrasonic or powered brushes for one week. Avoid mouthwash that contains high amounts of alcohol for 10 days (Listerine or Scope). Never use Hydrogen Peroxide as a mouth rinse.