



Biopsy Post Op

Biopsies can be performed in many ways the two most common types are as follows:

Incisional biopsy

- An incisional biopsy is the most common method of oral biopsy. Your doctor will remove a portion of tissue.
- A pathologist will then determine what type of cells were removed from the oral cavity.

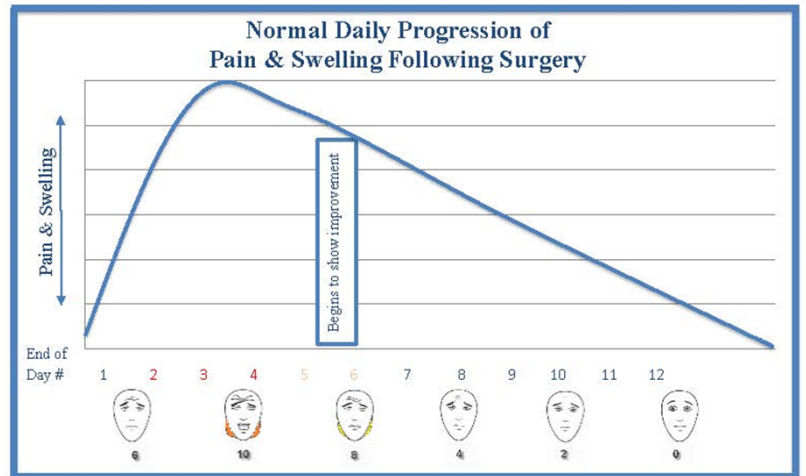
Excisional biopsy

- During an excisional oral tissue biopsy, your doctor may remove an entire growth or lesion.
- This type of biopsy is normally used to take out a small lesion that is easy to reach. Your doctor will remove the growth along with some of the nearby healthy tissue.
- A pathologist will then determine what type of cells were removed.

IMMEDIATELY FOLLOWING SURGERY

- The gauze pack placed over the surgical area should be kept in place for 45 minutes, after this time the gauze pack should be removed and discarded.
- Replace the gauze after eating and drinking. Moisten the gauze pack and place over the surgical area, this should be kept in place for 45 minutes. Then you are done with gauze.
- Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Next Ibuprofen dose @ _____ PM then _____ PM

- Use ice packs for the first 72 hours, while awake - 20 minutes on / 20 minutes off
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable. No driving for 24 hours (If IV Sedation was used)



THE FOLLOWING IS TO BE FOLLOWED FOR 2 WEEKS POST OPERATIVELY

- After the first post-operative day, use a warm saltwater rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix a 1/2 teaspoon of salt in a glass of warm water. No OTC mouth washes may be used)
- Keep your fingers and tongue away from the surgical area.
- If in more pain, add Extra Strength Tylenol every 4 hours
- Drink plenty of fluids. (Do not use a straw—this creates suction in the mouth that could cause complications.)
- We suggest that you do not smoke for at least 7 days after surgery.
- Avoid strenuous activity and do not exercise for at least 3–4 days after surgery. After that, be careful—your regular caloric and fluid intake have been reduced, so you may get light-headed, dizzy, or weak.
- If the muscles of the jaw become stiff, the use of warm moist heat to the outside of your face over the spots that are stiff will relax these muscles.
- Your diet should consist mainly of soft, easily swallowed foods and cool drinks. Avoid anything that might get stuck in your teeth - so no seeds, nuts, rice, popcorn, or similar foods.

Your case is individual, no two mouths are alike. Do not accept well intended advice from friends. Discuss your problem with the person's best able to effectively help you: Dr. Hayes and his staff.

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