



# Instruction Sheet for Post-Operative Care After an Intraoral Biopsy

## Guidelines to Support Optimal Healing

Medication (Next dose)

Ibuprofen: \_\_\_\_\_

Tylenol #3: \_\_\_\_\_

Antibiotics: \_\_\_\_\_

## Introduction

An intraoral biopsy is a surgical procedure to collect a small tissue sample from the mouth for diagnostic purposes. Proper post-operative care is essential to ensure healing, prevent complications, and achieve the best results. This instruction sheet outlines key steps and precautions to follow after the procedure.

## Immediate Post-Operative Care

### 1. Rest and Recovery

- Allow yourself to rest for at least 24 hours after the procedure.
- Avoid strenuous activities such as heavy lifting or rigorous exercise for 48 hours to prevent bleeding.

### 2. Managing Bleeding

- Minor bleeding or oozing is normal in the first 24 hours. If bleeding persists, gently bite down on a sterile gauze pad for 15–20 minutes.
- Avoid spitting or rinsing forcefully, as this can dislodge the clot and restart bleeding.

### 3. Pain Management

- Take any prescribed or over-the-counter pain medications as recommended by your healthcare provider.
- Avoid aspirin, as it may increase the risk of bleeding.
- Applying an ice pack to the outside of your face near the surgical site can help reduce pain and swelling.
- Maximum pain and swelling will occur at 3-5 days post surgery. This is true for any surgical procedure



# Oral Hygiene

## 1. Cleaning the Mouth

- Avoid brushing near the surgical site for 24 hours.
- After 24 hours, gently brush your teeth and tongue with a soft-bristled toothbrush, being cautious around the area of the biopsy.
- Use a prescribed mouthwash or a saline rinse (1/4 teaspoon of salt in 8 ounces of warm water) to keep the area clean. Rinse gently, especially in the first few days.

## 2. Avoiding Irritants

- Do not use alcohol-based mouthwashes, as they can irritate the wound.
- Refrain from using tobacco and alcohol, which can impede healing and increase the risk of complications.
- Avoid smoking/vaping. This is not recommended following oral surgery for at least 5-7 days to prevent risk of infection

# Dietary Guidelines

## 1. Eating and Drinking

- Avoid eating or drinking for at least two hours after the procedure to allow the clot to stabilize.
- Stick to a soft diet for the first few days. Foods such as yogurt, mashed potatoes, scrambled eggs, and smoothies are ideal.
- Avoid hard, crunchy, spicy, or hot foods that may irritate the surgical site.

## 2. Staying Hydrated

- Drink plenty of water to stay hydrated.
- Avoid using straws as the suction can disturb the clot and delay healing.

# Monitoring for Complications

## 1. Signs of Infection

- Watch for signs of infection, such as increased pain, swelling, redness, or warmth near the surgical site, as well as fever or foul-smelling discharge.
- Contact your healthcare provider immediately if you experience any of these symptoms.

## 2. Persistent Bleeding

- If bleeding does not stop after attempting pressure with gauze for 20 minutes, reach out to your healthcare provider.



### 3. Allergic Reactions

- If you notice signs of an allergic reaction to medications, such as rash, itching, or difficulty breathing, seek medical attention immediately.

### Follow-Up Appointment

- Attend all scheduled follow-up appointments to ensure proper healing and to discuss the biopsy results.
- If sutures were placed, your healthcare provider will inform you whether they are dissolvable or need removal during a follow-up visit.

### Additional Tips for Optimal Healing

- Avoid playing with the surgical site using your tongue.
- Wear any recommended protective dental appliances, such as a night guard, if prescribed.
- Keep stress levels low, as stress can delay healing.

### When to Seek Emergency Care

Seek immediate medical attention if you experience:

- Uncontrollable bleeding that does not stop with pressure.
- Severe pain unrelieved by prescribed medications.
- Difficulty breathing, swallowing, or speaking.

### Conclusion

Proper post-operative care is vital for the success of your intraoral biopsy and overall oral health. By following these guidelines, you can minimize the risk of complications and ensure a smooth recovery. If you have any questions or concerns, do not hesitate to contact your healthcare provider.