



Post-Operative Care Instructions: Skin or Extraoral Biopsy

Guidelines for a Safe and Smooth Recovery

Medication (Next dose)

Ibuprofen: _____

Tylenol #3: _____

Antibiotics: _____

Introduction

Thank you for undergoing your biopsy procedure. The following post-operative care instructions are designed to help you recover effectively, minimize discomfort, and reduce the risk of complications. Please adhere closely to these guidelines and contact your healthcare provider with any questions or concerns.

General Care Instructions

- Keep the area clean: Gently cleanse the biopsy site as directed by your healthcare provider. Avoid harsh scrubbing or using products that are not recommended.
- Protect the site: Cover the biopsy wound with a sterile bandage if advised. Replace the bandage regularly to prevent infection.
- Avoid physical strain: Refrain from strenuous activities or heavy lifting for the initial days of recovery to avoid disrupting the healing process.
- Stay hydrated: Drink plenty of water to support healing but avoid alcohol and caffeinated beverages that may interfere with recovery.
- If your incision is covered with steri strips (tape), there is no special care required. When the steri strip gets wet, pat them dry with a towel. Steri Strips may start peeling after 5 days and can be removed after 7 days
- If you have an incision in your hair, you can wash your hair with shampoo after 24 hrs. No need to apply ointment on the incision. Suture will either self dissolve or need to be removed after 7-10 days.
- If you have an incision to your skin, you can clean the incision morning and/or night with ½ peroxide and ½ with water. This is to be done for the first 3 days to avoid scabs. After cleaning apply a thin layer of polysporin to surgical site.
- LIP: if you have an incision on your lip, apply polysporin twice a day for the first 4 days to prevent crusting and cracking of the incision. Keep using lip moisturizer



(Lanolin, blistex, vasoline ect..) for couple weeks post surgery. Use Ice cubes or popsicles to apply cold to help with swelling.

- **EYE LIDS.** If you have an incision to your eyelids, you may experience some bruising over the next 7-10 days. Applying ice 20 min and off during the first 24-48 hrs will help reduce the bruising and swelling

Managing Discomfort

- Use prescribed medications: Take pain relievers or antibiotics as prescribed by your healthcare provider. Do not exceed recommended dosages.
- Cold compress: Apply a cold compress or ice pack near the biopsy site to reduce swelling and discomfort. Limit application to 20-minute intervals.

Dietary Recommendations

- Eat soft foods: Consume easy-to-chew foods to avoid straining the biopsy site if it affects your jaw or surrounding areas.
- Avoid irritants: Refrain from spicy, acidic, or salty foods that might irritate the wound.

Activity Restrictions

- Limit exposure: Protect the biopsy site from direct sunlight or extreme temperatures, which could delay healing.
- Avoid smoking: Smoking can interfere with healing and increase the risk of complications.

When to Seek Emergency Care

Seek immediate medical attention if you experience:

- Uncontrollable bleeding that does not stop with applied pressure.
- Severe pain unrelieved by prescribed medications.
- Signs of infection, such as increased redness, swelling, warmth, or discharge at the biopsy site.
- Difficulty breathing or swallowing, or any allergic reaction to medications.
- Area open



Conclusion

Proper care following your skin or extraoral biopsy is essential for a successful recovery and overall health. By following these instructions, you can reduce the risk of complications and ensure optimal healing. Should you have any concerns or require assistance, do not hesitate to reach out to your healthcare provider.