

Post-Operative Instructions for Oral Biopsy



Innova Oral Surgery

➤ A biopsy procedure involves removing a small sample of tissue or an entire lesion —either soft tissue (gums, cheek, tongue) or hard tissue (jaw bone)—to help diagnose or rule out various conditions. Your comfort and proper healing are important to us. Please follow the instructions below to optimize your recovery.

Rest and Activity



Take It Easy

▶ Plan to rest for the first 24 hours. Avoid strenuous activity, heavy lifting, or exercise that may elevate your heart rate and blood pressure for at least 2-3 days. This helps prevent excessive bleeding or discomfort at the biopsy site. In cases of small lip of cheek biopsies then minimal downtime is required.



Gradual Resumption

You may usually return to light activities the day after surgery, depending on how you feel. However, follow any personalized advice your Innova Oral Surgery team has given you.

Bleeding



Gauze Placement

If gauze was placed, leave it in place for 30-60 minutes to control initial bleeding. Replace as needed with fresh, moistened gauze until bleeding subsides, typically within a few hours.



Normal Oozing

- Some slight bleeding or pink-tinged saliva for up to 24-48 hours can be normal. To reduce bleeding:
 - Avoid vigorous rinsing or spitting.
 - Refrain from using straws or tobacco products.
 - Keep your head elevated when resting.



When to Call

▶ If bleeding becomes heavy, place a damp tea bag or moistened gauze over the site and apply firm pressure for 30 minutes. If bleeding persists or worsens, contact Innova right away.

Pain and Discomfort



Medications

➤ Take prescribed pain medications or over-the-counter pain relievers (e.g., ibuprofen or acetaminophen) as directed.



Ice Packs

If the biopsy site is on or near the cheek or lips, applying an ice pack in **20-minute intervals** (on, then off) for the first **24–48 hours** can help reduce swelling or discomfort.

Oral Hygiene



First 24 Hours

- Avoid vigorous rinsing or brushing directly on the biopsy site.
- You may gently brush your other teeth, but be cautious around the surgical area.



After 24 Hours

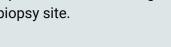
- ▶ Begin gentle saltwater rinses (½ teaspoon salt in 8 ounces of warm water) 2-3 times per day, especially after meals.
- ➤ Continue your usual oral hygiene on non-surgical areas, but handle the biopsy site with care until it fully heals.

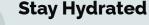
Diet and Hydration



First Day

Start with soft, cool liquids (e.g., water, clear broth, sports drinks). Avoid hot liquids or foods that might irritate the biopsy site.





▶ Drink at least 5-6 glasses of water per day to promote healing.



Soft Foods

Progress to soft foods like yogurt, applesauce, scrambled eggs, smoothies (without a straw), or mashed potatoes as tolerated.



Avoid

Spicy, crunchy, or hard foods that could irritate or injure the site.

Smoking and Alcohol



No Smoking

Smoking can delay healing and increase the risk of complications. It is best to refrain from smoking for at least 1-2 weeks or longer, depending on your Innova surgeon's recommendation.



Avoid Alcohol

Alcohol can interfere with healing and may interact with pain medications. It is advisable to avoid alcoholic beverages for at least 24-48 hours post procedure.

Possible Side Effects



Swelling/Bruising

Mild swelling or bruising around the site may peak at about 2-3 days postprocedure, then resolve. Continue cold packs as needed for the first 48 hours, then switch to warm compresses if instructed.



Sore Throat/Jaw Stiffness

If the biopsy is near the back of the mouth, mild throat soreness or stiffness may occur. This usually improves within a few days.

Follow-Up and Biopsy Results



Follow-Up Appointment

➤ A follow-up visit may be scheduled to ensure proper healing and to discuss biopsy results. If you have not been given an appointment, contact Innova Oral Surgery to arrange one.



Biopsy Results

➤ Your tissue sample will be examined by a pathology lab. Results usually take 1-2 weeks. Our office will contact you to discuss the findings and any further treatment if needed.

When to Call Us

Contact Innova promptly if you experience:

- Excessive bleeding that doesn't subside with pressure
- Severe or worsening pain not relieved by medication
- ► High fever (over 101.2°F) or signs of infection (e.g., foul odor, pus, or increased swelling)
- Any unusual symptoms or concerns about healing

We're Here to Help

Following these guidelines will help ensure a smooth recovery and accurate diagnostic outcomes. If you have any questions or concerns about your post-operative care or biopsy results, please reach out to **Innova Oral Surgery**. We appreciate the trust you've placed in us for your oral healthcare.

