

# 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 or 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.



### Stay Hydrated

- ▶ 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** post-procedure, 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.



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