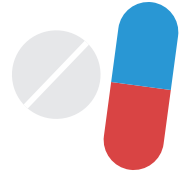


Care Guide: After a Biopsy

Appropriate post-operative care is very important after a biopsy to promote proper healing. Adherence to the following instructions will help to minimize pain and swelling and to prevent complications such as infections.

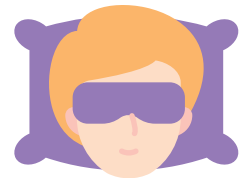
Pain

Post-operative discomfort may often be controlled with over-the-counter analgesics. For mild to moderate pain, Ibuprofen (Advil or Motrin) may be taken at a dose of 600 mg every six hours as needed for pain. In addition, Acetaminophen (Tylenol) may also be taken concurrently at a dose of 325–650 mg every six hours as needed for pain. Do not take any of the above medications if you have an allergy to them, or if you have been instructed by your physician not to take them. For severe pain, you may be prescribed a narcotic pain medication. If needed, take this medication as directed.



Swelling

Swelling and bruising are normal after surgery. Swelling will generally increase after surgery for the first two to three days and then begin to resolve over the course of a week. Swelling may be reduced by using ice packs in the affected region for 20 minutes on and then 20 minutes off during the first 24–48 hours. Keeping your head elevated on an extra pillow when you sleep or lie down can also help to minimize swelling after surgery. Ice chips may be helpful if your biopsy was on the tongue.



Bleeding

Some minor oozing or redness in the saliva is normal for the first 24–48 hours after the surgery. Prolonged bleeding may be controlled by applying firm, direct pressure to the bleeding wound with gauze for 30–60 minutes. If bleeding persists, please call for further instructions.

Oral Hygiene

Good oral hygiene is essential for healing. Resume brushing your teeth the day after surgery, taking care to be gentle as you get closer to the surgical site. You should begin rinsing with salt water 24 hours after your surgery. A diluted salt water mouth rinse may be made by mixing ½ teaspoon of salt in one cup of warm water. Rinsing should be done after meals.



Smoking

Smoking can result in delayed healing and infections. Please refrain from smoking for at least one week after surgery.



Diet

Immediately following your surgery, begin with soft, cool foods. Be sure to drink plenty of fluids. You may slowly advance to a normal diet when comfortable to do so.

Stitches

Generally, dissolvable stitches are placed and they will fall out on their own or dissolve in four to seven days. Please try not to disturb these stitches. If any permanent stitches are placed, your doctor will remove them at a subsequent appointment.

Follow-Up

The results of your biopsy will generally be available within 10–14 days. You will often have a follow-up appointment to review your results and to evaluate your healing.

Emergencies

If you require unexpected follow-up during normal business hours, please contact our office. Contact our West Madison office at (608) 819-8760, or our East Madison office at (608) 240-0863. If you are having an emergency after hours or on weekends, please contact our oral surgeon on call at (608) 259-2864.



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