



POST-OP INSTRUCTIONS- BIOPSY

You have just undergone a surgical procedure. During this time, homecare is very important. Recovery may be delayed if neglected. Please observe the following instructions and schedule your post-op appointment with our office. Post this on your refrigerator for referral!

Day of surgery

1. Bleeding:

- a) Common during the first 24 hours.
- b) Bite on gauze with firm pressure, changing gauze packs every 45- 60 minutes.
- c) Change gauze only if saturated or if you drink fluids. If you run out of gauze, substitute with warm moist tea bags.
- d) If active bleeding persists after 3 hours, place a moist tea bag over the extraction site and firmly bite down for another 30 minutes. If bleeding remains uncontrolled, call our office.

2. Swelling:

- a) Peaks between the second and fourth day after surgery and may continue up to 4 weeks.
- b) Apply ice packs to the outside of your face, 20 minutes on and 20 minutes off for 2 days. On 3rd day apply a warm towel to your face throughout the day and night for the next week.
- c) Keep your head elevated on 2 pillows or rest on a recliner.

3. Diet:

- a) Do not eat anything for 3 hours after surgery. You may drink fluids only if needed but replace your gauze immediately. Avoid hot fluids/foods the remainder of the day.
- b) A soft diet is recommended for one week. This may include iced teas, casseroles, boiled veggies and meats, Jello-O, yogurt, protein shakes and plenty of water to prevent dehydration. **DO NOT SKIP MEALS.**

4. Pain:

- a) Numbness following surgery is normal for the first day or two.
- b) Take your prescribed pain medications. If your discomfort is not well controlled, please call our office. An alternative pain medication can be called in.

DAYS 2-5

1. Continue with a soft diet and fluid intake

2. Hygiene:

- a) Rinse mouth **gently** after each meal **using ½ tsp. salt in 1 glass of water**. Continue rinses until your next appointment.
- b) **BRUSH YOUR TEETH REGULARY**, including the teeth adjacent to the wound. If uncomfortable, use a baby toothbrush.

3. Swelling:

- a. On day 3 apply a warm moist towel to the outside of your face at least 5 times daily, and massage jaw area.
- b. Keep your head elevated on 2 pillows when sleeping.

4. Discomfort:

- a) Muscle soreness and/or limited openings are normal following any procedure in the mouth. To help alleviate this, gently massage jaw under a warm shower. This will help you loosen the muscles and assist in easing the discomfort.

AVOID THE FOLLOWING:

1. **DO NOT USE A WATER PIK OR ANY MECHANICAL IRRIGATING DEVICE!**
2. **SMOKING: This will delay healing and increase the pain.**
3. Hard foods that require extensive chewing
4. Mouth rinses such as Scope, Listerine, and peroxide

If you have any questions or concerns after hours please call our office at 210-444-9312 and follow the instructions.

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