

Oral Maxillofacial Surgery

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Oral Biopsy Post-Operative Instructions

- If sutures were placed inside the mouth, they will dissolve or be removed in one to two weeks.
- Avoid sucking through a straw for 24 hours.
- Brush your teeth and gums gently as normal, being gentle in the area where the procedure was performed. You may experience white tissue around the biopsy site. This is normal healing tissue.
- Oozing from the biopsy site overnight is normal. You may use gauze packs and gently bite down for 30 minutes to control bleeding.
- Diet; Start with nourishing liquids and soft foods and gradually return to your normal diet as tolerated. Avoid extreme hot foods, spicy foods, foods with sharp edges (chips, pretzels, etc.), or food that may lodge in the biopsy area (nuts, popcorn, etc).
- Good oral hygiene after surgery is essential. Make every effort to clean your teeth within your range of comfort. The day after your surgery, begin gently rinsing your mouth with salt water (1/4 teaspoon salt dissolved in 8 ounces of warm water) 2-3 times a day.
- Do not smoke or use tobacco products.
- Take medications as prescribed. Prescription pain medicine may cause nausea. Taking a small amount of food prior to taking your pain pill can reduce the chance of nausea.
- If you do not get adequate pain relief, you may supplement your pain medicine with ibuprofen (Advil or Motrin).