

INTRAORAL BIOPSY

Berkshire Facial Surgery, Inc.
(413)562-1100

***Advil/Ibuprofen 600mg (3 tablets) 4 x a day**

INSTRUCTIONS FOLLOWING INTRAORAL BIOPSY

PLEASE READ THESE INSTRUCTIONS CAREFULLY. Sometimes the after-effects of oral surgery are quite minimal, so not all of these instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office at any time for clarification.

DO NOT's

1. Do NOT **rinse** vigorously or forcefully for at least 3 days.
2. Do NOT **spit** for at least 3 days.
3. Do NOT **use a straw or cause a similar pressure** in the mouth for at least 3 days.
4. Do NOT **smoke** for at least 2 weeks.
5. Do NOT **disturb the surgical** area or probe the area with any objects or your fingers.

INSTRUCTIONS FOR THE DAY OF SURGERY

GAUZE/OOZING & BLEEDING

If the surgical site is actively oozing and bleeding, you may need to apply firm but gentle pressure using gauze pads. Do not change them for the first 1/2 hour unless the bleeding is not controlled. Check to for active bleeding by **looking for oozing inside of the mouth** (looking at the color of the gauze will NOT determine active bleeding). If active bleeding persists after a 1/2 hour, discard the old gauze and place enough new gauze to obtain pressure over the surgical site for another 30 - 60 minutes. Intermittent bleeding or oozing is normal. The gauze may be changed as necessary. If you do not see oozing at the surgical site(s), you DO NOT need the gauze.

STEADY BLEEDING

Bleeding should never be severe. If it is, it usually means that the gauze packs are not properly exerting pressure on the surgical areas. Try repositioning fresh packs. If bleeding persists or becomes heavy you may **substitute a tea bag** (soaked in hot water, squeezed damp-dry and wrapped in moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

EXERCISE CARE

Take it easy today. Do not do anything too strenuous.

SWELLING

Often there is some swelling associated with oral surgery. You can minimize this by allowing ice chips to melt in your mouth. Additionally, **apply a cold ice pack or ice bag wrapped in a towel** firmly to the outside of your face or cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 12 to 24 hours after surgery. After 24 hours, it is usually best to switch from ice to moist heat to the same areas. Also, **keep your head elevated** for the first 48 hours following surgery. Using pillows or a recliner are good ways to keep your head elevated when resting.

PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. This can usually be managed by staying on a scheduled dose of over the counter pain medication (OTC's) such as Ibuprofen (Advil/Motrin) or acetaminophen (Tylenol). *If you take the first dose before the anesthetic has worn off, you will be able to manage any discomfort better.* Some surgeries might require stronger pain medication. In these cases, your doctor has given you a prescription to be filled by your pharmacist. **If you do not achieve adequate relief with OTC's**, you may supplement by alternating doses of OTC's and the prescription medication. If you received a narcotic prescription, please read the provided Opioid Notice accompanying this instructions sheet. Remember that the most severe discomfort is usually within the first six hours after the anesthetic wears off, after that your need for medicine should lessen. Sometimes more involved surgeries will cause quite a bit of pain and swelling. In these cases, you may notice that the pain and discomfort peaks at the third day and starts to feel better by the fourth day.

NAUSEA

Nausea is not an uncommon event after surgery. It is sometimes caused by post-operative pain medicines or medications received during sedation cases. Begin by minimizing pain medication intake and by taking small sips of clear liquids such as flat Cola drinks or Ginger Ale. Once you feel more comfortable and can keep the liquids down, you can gradually introduce soft gentle foods and progress as you feel better. Call us if you do not feel better or if repeated vomiting is a problem.

DIET

Eat any nourishing food that can be taken with comfort. Temperature of the food doesn't matter but avoid extremely hot foods as you will be numb after surgery and will not know if you burn your mouth. Avoid spicy foods. It is sometimes advisable to confine the first day's intake to soft foods (yogurt, milk shakes etc.) Do not use straws for the first 3 days. Over the next several days you can progress to solid foods at your own pace. It is important not to skip meals! If you take nourishment regularly, you will feel better, gain strength, have less discomfort and heal faster. If you are diabetic, maintain

INTRAORAL BIOPSY

Berkshire Facial Surgery, Inc.
(413)562-1100

***Advil/Ibuprofen 600mg (3 tablets) 4 x a day**

your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule.

INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

MOUTH RINSES

Keeping your mouth clean after surgery is essential. Use one-quarter teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse/soak the surgical sites with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily for the next five days. If you were prescribed a mouth rinse, use as directed on the bottle.

BRUSHING

Begin your normal oral hygienic routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort.

HOT APPLICATIONS

Apply warm moist compresses to the skin overlying areas of swelling (hot water bottle, moist hot towels, etc.) for 20 minutes on and 20 minutes off to help soothe those tender areas. This will also help decrease swelling and stiffness.

HEALING PROCESS

The first day of surgery can be uncomfortable with some degree of swelling and stiffness. The second and third days, you will usually feel most uncomfortable with pain and swelling. From the third day on, **GRADUAL, STEADY IMPROVEMENT** should mark the remainder of your post-operative course. Depending on where the biopsy was taken, the surgical site may resemble a burn injury in your mouth. The site should develop a white layer indicating normal healing. Any sutures should dissolve 7-10 days give or take, unless otherwise informed.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try to call during office hours, however a 24-hour emergency service is available for after-hour contact with the doctor. Calling during office hours will afford a faster response.

MEDICATIONS FOLLOWING SURGERY

- Ibuprofen/Motrin (non-steroidal anti-inflammatory)- Take 3 (3 tablets X200mg = 600mg) tablets every 4 hours during waking hours for 48 hours and then use as needed. **DO NOT USE IF PREGNANT.**
- Tylenol #3 (Tylenol with codeine) - take as needed if stronger discomfort medication is required. Follow bottle directions. **DO NOT DRIVE OR DRINK ALCOHOL.**
- Norco- take as needed if stronger discomfort medication is required. Follow bottle directions. **DO NOT DRIVE OR DRINK ALCOHOL.**
- Percocet - take 1 tablet every 4 hours as needed if stronger discomfort medication is required. Follow bottle directions. **DO NOT DRIVE OR DRINK ALCOHOL.**
- Peridex - Follow bottle directions beginning the day after surgery.
- Antibiotic – Take till gone. Follow bottle directions.
- Other _____

WOMEN: IF AN ANTIBIOTIC HAS BEEN PRESCRIBED AND YOU ARE TAKING BIRTH CONTROL PILLS, ALTERNATE BIRTH CONTROL METHODS MUST BE USED FOR AT LEAST ONE MONTH.