



**Casas Adobes Oral &
Maxillofacial Surgery**

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POST-OPERATIVE INSTRUCTIONS: ORAL BIOPSY

1. If sutures were placed inside the mouth, they will dissolve or be removed in one to two weeks.
2. Avoid sucking through a straw for 24 hours.
3. Brush your teeth and gums as normal except be gentle in area where the procedure was performed.
4. It is normal to ooze off and on from the biopsy site over the next 24 hours. You may use gauze packs and gently apply pressure for 30 minutes to control bleeding. If this does not stop bleeding, call the office or after-hours number. (Bottom of page)
5. Diet; Start with nourishing liquids and soft foods and gradually return to your normal diet as tolerated. Avoid any foods that contain citrus, spice or anything HOT in temperature as these foods may cause irritation to the biospy site.
6. 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 saltwater (1/4 teaspoon salt dissolved in 8 ounces of warm water) 2-3 times a day.
7. Do not smoke or use tobacco products during the healing process.
8. 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).
9. If pathology was necessary, please allow 1-2 weeks for results.

It is our desire that your recovery be as smooth and pleasant as possible. If you have any questions regarding your procedure, please call our office at (520) 742-6136. If you call after normal office hours, you will receive our answering service and our on- call doctor will be able to assist you.