



Post-Operative Care for Biopsy

At Johnson Oral Facial Surgery, we realize that having any surgery can be stressful. Our desire is to have your postoperative course progress as smoothly as possible. These instructions provide some general guidelines with regards to post-operative care. Thank you for choosing us for your surgery needs. Please do not hesitate to call our office with any questions or concerns.

Immediately Following Surgery

- Do not rinse or spit for 24 hours after surgery.
- Keep your fingers and tongue away from the socket or surgical area.
- Use ice packs on the surgical area (side of face) for the first 48 hours; apply ice 20 minutes on and 10 minutes off.
- For mild discomfort, take Tylenol® or ibuprofen every 3–4 hours.
- For severe pain, use the medication prescribed to you.
- Drink plenty of fluids. (Do not use a straw—this creates suction in the mouth that could cause complications.)
- We suggest that you do not smoke for at least 1 week after surgery.
- Avoid strenuous activity and do not exercise for at least 3–4 days after surgery. After that, be careful: your regular caloric and fluid intake have been reduced, so you may get light-headed, dizzy, or weak.
- If the muscles of the jaw become stiff, the use of warm moist heat to the outside of your face over the spots that are stiff will relax these muscles.
- After the first postoperative day, use a warm saltwater rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix ½ teaspoon of salt in a glass with 8oz of warm water.)
- Your diet should consist mainly of soft, easily swallowed foods and cool drinks. Avoid anything that might get stuck in your teeth, so no seeds, nuts, rice, popcorn, or similar foods.

Bleeding

Some bleeding is expected after any surgical procedure and is a normal part of healing. Gauze is provided so you can maintain your biopsy sight. If you have had a biopsy inside your mouth you will need to moisten the gauze and gently place it over the surgical wound in order to

create pressure. Bleeding can continue for up to 24 hours after a procedure, especially if the area has been stimulated by movement.

Sutures

If sutures are placed, they may require removal at your follow-up appointment. Sometimes, your doctor may choose to place sutures which will dissolve away on their own. It is not uncommon for a suture to come loose inside of the mouth. In the absence of significant pain or bleeding, this is generally not a problem.

Physical Activity and Limitations

If you have had sedation, you may not operate a motor vehicle for at least 24 hours following surgery. You may not operate a motor vehicle under the influence of narcotic pain medications.

Diet

Avoid eating or drinking for the first 2 hours after your surgery. Medications may be taken with a small sip of water at any time after the procedure. You may be more comfortable with a soft diet (mashed potatoes, soft pasta, scrambled eggs, etc...). Eating prior to taking pain medication will reduce your chances of nausea.

Rinsing / Wound Care

You should rinse with warm salt water rinses starting the day after your surgery (1 teaspoon of salt mixed in one cup of lukewarm water). Rinse 4-6 times per day for at least 1 week following the procedure

We hope that your recovery will be smooth and pleasant. Following these instructions will assist you, but if you have questions about your progress, please call the office. A 24-hour answering service is available. Calling during office hours will afford a faster response to your question or concern.