



Post Operative Instructions for Patients Undergoing a Biopsy

FOR AREAS WHERE BIOPSY WAS TAKEN FROM INSIDE THE MOUTH

If there is bleeding, place a piece of moist gauze over the area and apply gentle pressure with your tongue, or however is comfortable. Try to leave the gauze in place with firm but gentle pressure for 45 minutes to one hour at a time.

Begin eating soft foods that require little chewing. As chewing becomes more comfortable, gradually return your diet to normal.

Avoid drinking from straws and heavy swishing and spitting for one week.

Do not smoke for one week.

Starting the morning following surgery, begin warm salt water rinses three to four times daily for one week. Mix $\frac{1}{4}$ teaspoon salt in 8 ounces warm water. Hold a mouthful over the affected area for 30 seconds and then gently allow the water to fall from your mouth. Repeat this until 8 ounces is gone.

FOR AREAS WHERE BIOPSY WAS TAKEN FROM OUTSIDE THE MOUTH

Keep the affected area moist with Bacitracin, Neosporin, or any other triple antibiotic ointment. Apply a thin layer whenever the area begins to dry.

The wound should be cleaned twice daily by using a moistened cotton tip. Moisten tip with a mixture of $\frac{1}{2}$ hydrogen peroxide and $\frac{1}{2}$ water. This will help remove crusting. All crusting should be gently removed daily. Start the cleaning of the wound before you go to bed on the day of surgery.

If you have questions or concerns, DO NOT HESITATE TO CALL US.

303-758-6850