

Post-Op Instructions: Tissue Biopsy

We removed a portion or all of a lesion found in your oral cavity. Generally, lesions inside the mouth are benign, but a pathology review of the sample will give us a definitive understanding. Results may take up to two weeks to return. We will call you or see you in the clinic to discuss results as soon as results are available.

- 1. Pain Control:** Ordinarily, the use of non-steroidal anti-inflammatory medication (NSAIDs), such as **Motrin or Ibuprofen will adequately relieve pain when in doses of 600-800mg (3-4 tabs) every 6-8 hours.** Set an alarm clock and take Ibuprofen around the clock for the first two days after surgery regardless of pain level. Narcotic pain medications are for breakthrough pain only, which means you only use a single tab as needed every 4-6 hrs for pain that is not relieved sufficiently with NSAIDs. Narcotics can be dangerous and you should not take any if you are planning to drive, sign legal documents, or make important life decisions. You should under no circumstances mix narcotic medications with other sedative drugs, including alcohol.
- 2. Swelling:** To keep swelling down is to keep pain down!
 - Rest: Avoid activity that will elevate your heart rate for the next 7 days.
 - Ice: Apply an ice pack to the jaw for 20 min at a time for the next 2 days.
 - Compression: A firm wrap around the jaws can help with swelling.
 - Elevation: Keep your head elevated for the first 3 days while sleeping.
- 3. Diet:** A liquid or soft-food diet (scrambled eggs, pancakes, milk shakes, oatmeal, etc.) is recommended for the first **7 days** to avoid injuring the surgical site. Increase your water intake to at least 1L daily. Liquid nutritional supplements such as protein shakes are excellent sources to ensure sufficient nutrition while you heal. Resume your normal diet once you have been advised that your surgical site has healed.

4. **Bleeding Control:** Remove the gauze pack after 20 minutes. Slight bleeding is expected for up to three days after surgery. If bleeding is excessive, place a roll of sterile gauze or a moistened tea bag over the wound and bite firmly for 30 minutes with constant pressure. If bleeding persists or becomes concerning call Dr. Clark immediately.

5. **Nausea:** Take an anti-nausea medication if prescribed to you. A small amount of carbonated drink (ginger ale) every hour for 5-6 hours will help alleviate the nausea. Follow this with mild tea or clear soup. If nausea continues, please contact our office.

6. **Oral Hygiene:**
 - If you smoke cigarettes or Vape, please stop for at least two weeks post op.
 - Warm salt water rinses can be started 24 hrs post op.
 - Mix 1 tsp of salt in a glass of warm water after each meal and at bedtime. Gently rinse for 1 minute, and then gently spit out.
 - Teeth should be brushed, but avoid the site of surgery for the first three days.
 - If given a syringe, use it to irrigate the area gently after meals.

Thank you for trusting our team with your care! **Please call Dr. Clark at 503-927-6845 for any after hrs concerns or questions.** If there is an emergency please go to the closest ER and call Dr. Clark on his cell phone.

During regular office hours please reach us by phone or email.

208-831-2900

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