Post-Operative Discharge Instructions: Oral Tissue Biopsy

Patient Name: [Patient Name]

Date of Procedure: [Date]

Clinician: [Doctor Name]

Immediate Care

- Keep the gauze pack in place for 30 minutes to control bleeding.
- Do not spit, use a straw, or smoke for 24 hours.
- Apply an ice pack to the outside of the face in 15-minute intervals for the first 4 hours to reduce swelling.

Pain Management and Medication

- Take prescribed pain relief as directed before the anesthesia wears off.
- Avoid Aspirin unless specifically instructed, as it may increase bleeding.
- Complete any prescribed course of antibiotics.

Oral Hygiene and Diet

- Avoid hot, spicy, or crunchy foods for the first 48 hours.
- Stick to a soft diet (yogurt, soup, mashed potatoes).
- Do not brush directly over the biopsy site for 24 hours.
- After 24 hours, rinse gently with warm salt water (1/2 teaspoon salt in 8oz water) after meals.

Stitches (Sutures)

[ ] Your stitches are dissolvable and will fall out in 7-10 days.

[ ] Your stitches are non-dissolvable and must be removed at your follow-up appointment.

When to Call the Office

Contact us immediately if you experience:

- Bleeding that does not stop after firm pressure with gauze.
- Severe pain that is not relieved by medication.

- Sudden or excessive swelling.
- High fever or chills.

Follow-up Appointment

Your follow-up to discuss pathology results is scheduled for: **[Date and Time]**

Office Phone Number: [Phone Number]

After-Hours Emergency: [Emergency Number]