

Post-op Instructions for Oral Biopsy/Oral Lesion Removal

After a surgical procedure of the mouth such as a biopsy or lesion removal, the instructions may vary slightly from removal of teeth. Please review the instructions below if you had oral lesion removal:

1. BLEEDING - Some bleeding and oozing is to be expected. Please keep gauze packed firmly over the surgery site for about one hour. Remove the gauze, and then reevaluate the site for bleeding. If no bleeding occurs upon removal, the gauze does not need to be replaced. If bleeding continues, a new gauze pack should be placed and firm pressure should be applied for one hour. Repeat as necessary. A tea bag can be used if your gauze supply runs low.
2. SWELLING - Swelling may be at a maximum about two or three days after surgery. Depending on the procedure, you may or may not experience swelling. Keeping your head elevated (in a recliner or on several pillows) will reduce swelling. Ice packs are helpful for the first day or so.
3. CARE OF YOUR MOUTH - The evening of your procedure, it is recommended that you begin rinsing your mouth with warm salt-water rinses (1 teaspoon of salt in a glass of warm water). Continue rinsing with the salt-water mixture approximately three or four times a day over the next few days following your surgery. Smoking is detrimental to oral healing and is not recommended after surgery.
4. SUTURES - Sometimes dissolvable sutures will be placed and these will come out on their own. They may come out as early as 24-hours to 1-week after the procedure. If permanent sutures are used to close your incision, then you will be asked to schedule a follow-up appointment for one week after surgery to have these sutures removed.
5. PAIN - Discomfort after surgery should be expected. In some cases, Dr. Porrás may recommend the patient take Tylenol or Advil for discomfort. If more pain is expected after a procedure pain medication will be prescribed for the patient. Pain medication should be taken as directed and should not be taken on an empty stomach. Remember-pain medication takes at least 30 minutes to take effect.
6. DIET - The day of surgery, liquids and soft foods are recommended. Continue a soft diet until chewing is tolerable unless otherwise specified by Dr. Porrás.
7. PATHOLOGY REPORTS - Most of the time, the lesion removed will be mailed to a pathologist to review. The pathologist will send back a formal report that tells us what the removed tissue actually turned out to be (i.e. cyst, fibroma, etc.). This can take up to 2 weeks. If you are not scheduled for a follow-up appointment, our office should call you with the results of your biopsy. If you do not hear from us within 3 weeks, we ask that you call us. The pathology lab is a separate facility from our office. All billing questions regarding their services should be directed toward them.