

Post-Procedure Instructions for Biopsy/Lesion

Sometimes the after-effects of dental procedures are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office for clarification at **(480) 279-5949**.

The first 2 days after surgery are generally the most uncomfortable and there is usually some swelling. On the 3rd day, you should be more comfortable, although still swollen. **The remainder of the post-procedure recovery should be a gradual, steady improvement.** If this is not the case, call our office.

General Care: Do not disturb the treatment area with your tongue or toothbrush. Please do not smoke for the first 24 hours following your procedure.

Diet: If you eat regularly you will feel better, gain strength, have less discomfort and heal faster. Please confine the first day's intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc). Avoid extremely hot and/or spicy foods for the first few days following surgery, including alcohol. Beginning on the third day, you may eat more solid foods such as mashed potatoes, pasta, and well cooked vegetables. We recommend anything you can smash with a fork. Avoid foods such as nuts, sunflower seeds, popcorn, etc., which may get lodged in the incision area. Over the next few days you may gradually progress to solid foods.

Pain Medication: Unfortunately, biopsy procedures can be accompanied by some degree of discomfort. You will usually have a prescription for pain medication. **If you take the first pill before the anesthetic has worn off, you should be able to better manage any discomfort.** Stronger pain medicine may cause nausea; however, if you precede each pain pill with food, chances for nausea will be reduced. Effects of pain medication vary widely among individuals. If you do not achieve adequate relief at first, enhance your pain relief with an analgesic such as ibuprofen, as directed by Dr. Wilson. Remember that the most severe pain is usually within six hours after the local anesthetic wears off; after that your need for medicine should lessen. **If you are still in significant discomfort after taking the prescribed pain medication, please call our office.**

Antibiotics: If you were prescribed an antibiotic, take as directed. It is very important that you finish the entire prescription.

Peridex Oral Rinse: This is a medicated mouth rinse that should be used until your first follow-up appointment with Dr. Wilson. Use it twice a day, morning and evening, starting on the day of your procedure.

Oral Hygiene: Keeping your mouth clean after the biopsy is essential. Brush your teeth regularly, but take care to avoid disturbing the biopsy area. After you eat, rinse with a salt-water solution. Use ¼ teaspoon of salt dissolved in an 8oz. glass of warm water and gently rinse with portions of the solution, taking 5 minutes to use the entire glass full.

Sutures: If sutures are placed, they will dissolve in about 10-14 days. Please do not tamper with the sutures or take them out yourself.

Follow-up Appointment: It is important that you come to your follow up appointment. At this appointment, we will check your healing status. Dr. Wilson will also review your pathology results and you will obtain a copy for your personal records. **NOTE:** the follow-up appointment cannot be done via a phone conversation.

Our desire is for your recovery to be as smooth as possible. These instructions should help you with the care and management required following your procedure. If Dr. Wilson has given you any specific instructions in regards to your procedure, please follow his instructions carefully. If you have any questions about your progress, please do not hesitate to call the office or to call Dr. Wilson's cell phone, and we will be happy to assist you.