



## Post-Op Instructions – Soft Tissue Biopsy of the Mouth

**BE GENTLE WITH THE BIOPSY SITE:** For the first several days, be gentle with the biopsy area to allow proper healing. Mild soreness, swelling, or changes in the area are normal. Avoid touching, rubbing, or repeatedly checking the site with your fingers or tongue. Do not pull on your lip, cheek, or tongue to view the area, as this may irritate the tissue or disturb sutures. Normal speaking, mouth movement, and gentle oral hygiene are encouraged. Avoid biting the area, hard/sharp foods, or anything that may irritate the biopsy site.

**BLEEDING:** A small amount of bleeding or oozing is normal during the first 24 hours. Blood mixed with saliva may appear pink or red. If bleeding occurs, place clean gauze over the area and apply gentle pressure for 20–30 minutes. Avoid repeatedly checking the site. Contact our office if bleeding is heavy, persistent, or does not improve with pressure.

**PAIN:** Some discomfort or tenderness is expected after a biopsy. Take pain medication as directed, ideally before the numbness wears off. If prescription pain medication is provided, follow the instructions carefully. Take with food if needed to reduce stomach upset. Avoid alcohol and driving while taking medications that may cause drowsiness.

**SWELLING:** Mild swelling is common and may increase for 48–72 hours before improving. Apply an ice pack to the outside of the face for the first 24 hours as needed (15 minutes on, 15 minutes off). Wrap the ice pack in a towel to protect the skin.

**TONGUE BIOPSY:** If your biopsy was performed on the tongue, swelling, soreness, and temporary difficulty speaking, chewing, or swallowing may occur. The tongue moves constantly during daily activities, so healing may take longer. Avoid repeatedly touching the biopsy area with your tongue or disturbing any sutures. Seek immediate medical attention for severe tongue swelling, difficulty breathing, difficulty swallowing, or rapidly worsening symptoms.

**NUMBNESS:** Numbness from local anesthesia may last several hours. Avoid biting or injuring numb areas, especially the lips, cheeks, or tongue. Avoid chewing until normal sensation returns.

**ORAL HYGIENE:** Brush your teeth gently on the day of your procedure, avoiding direct irritation of the biopsy site. After 24 hours, gentle warm saltwater rinses may be used: (½ teaspoon salt mixed with 8 ounces warm water). Avoid alcohol-containing mouth rinses unless instructed.

**DIET:** Eat soft foods for the first 24–48 hours or as tolerated.

Examples:

- Yogurt
- Applesauce
- Mashed potatoes
- Eggs
- Pasta
- Soft vegetables
- Smoothies (without a straw)

**Avoid:** hot, spicy, acidic, hard, or crunchy foods that may irritate the area. Drink plenty of water and maintain a balanced diet.

**SMOKING AND ALCOHOL:** Avoid smoking, vaping, and tobacco products after your procedure, as they can delay healing. Avoid alcohol for at least 48 hours and while taking prescription pain medications.

**SUTURES:** If sutures were placed, do not pull, cut, or attempt to remove them. Most sutures dissolve on their own within 1–3 weeks. Follow any specific instructions provided by your doctor.

**ACTIVITY:** Rest on the day of your procedure. Avoid strenuous activity for the remainder of the day to reduce the risk of bleeding. Resume normal activities as tolerated unless otherwise instructed.

**FOLLOW-UP APPOINTMENTS:** A follow-up visit may be needed to evaluate healing, remove sutures, or discuss biopsy results.

Please call our office if you experience:

- Bleeding that does not stop with pressure
- Severe or worsening pain not controlled with medication
- Fever or signs of infection
- Increasing redness, warmth, swelling, or drainage
- Persistent numbness or unusual symptoms
- Difficulty breathing or swallowing
- Medication reactions such as rash, itching, or trouble breathing

Following these instructions carefully will help promote proper healing and reduce discomfort after your biopsy procedure.