



Banner Good Samaritan
Medical Center

Patient Care Instructions after a Biopsy Procedure

Prescriptions- If you received a prescription for pain medication and antibiotics, follow the directions on the bottle. Please do not take any pain medications or sedatives without first discussing with your surgeon. Do not operate a motor vehicle or dangerous machinery (lawn mower, etc.) while taking the pain medication. Take the antibiotic as instructed on the bottle. Do not drink alcoholic beverages while taking pain medication.

Pain- Unfortunately, many bone or soft tissue biopsy procedures are accompanied by some degree of discomfort. If you are able to take your pain medication prior to the anesthetic wearing off, you should be able to better manage discomfort. At times, pain medications (narcotics) may cause nausea, but if you precede each pill with a small amount of food, chances for nausea will be reduced.

Bleeding- If you experience any bleeding from the surgical site; apply firm pressure for 15 minutes. Avoid spitting as it will promote bleeding. Please call our office if this does not stop the bleeding.

Rinsing- DO NOT rinse or spit today. Tomorrow begin gentle rinsing with warm salt water (one teaspoon table salt in 12 ounce glass of warm tap water) after each meal and at bedtime. You may carefully brush your teeth beginning tonight, but please be gentle over the surgical site. It is important that you maintain good oral hygiene post-surgery in order to help minimize the risk of developing an infection.

Diet- Take only liquids or very soft food on the day of your procedure. Advance your diet tomorrow as tolerated. Avoid hot, spicy foods for one week. It is best to avoid foods like nuts, sunflower seeds, popcorn, rice, tortilla chips etc. If you take proper nourishment, you will feel better, gain strength, have less discomfort and heal faster.

Smoking- DO NOT SMOKE FOR AT LEAST ONE WEEK AFTER SURGERY. The heat and toxic chemicals in cigarette smoke are harmful to healing wounds. Also, do not use any smokeless tobacco.

Stitches- You may notice some stitches in your mouth. These will usually dissolve on their own. Do not be concerned if you lose a stitch prior to your first follow up appointment. In certain procedures, non-dissolvable sutures are used. We will plan to remove those during your postoperative appointments.

Pathology Report- The biopsy that we obtained today will be sent to a pathologist for evaluation. We will discuss the results with you at your follow up appointment.

Questions/Problems- If any problems arise or if you have any questions or concerns please call the Oral and Maxillofacial Surgery Clinic at 602-839-5895. If after normal business hours, please call the clinic number and request to speak with the on-call Oral and Maxillofacial Surgery resident. There is a resident available 24 hours a day/7 days a week.

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