VALENTINE
Oral & Maxillofacial Surgery

Patient Instructions: After Oral Biopsy

1. Swelling in the area is normal. Swelling generally increases for the first 2-3 days after surgery and then decreases. Most swelling should be gone after 7-10 days. The area of surgery may be irregular and bumpy for 3-4 weeks until final healing occurs.
2. Please brush teeth and floss the morning of surgery. You may resume normal tooth brushing with toothpaste and rinsing with warm salt water the day after surgery. Salt water rinses may help soothe the area. Avoid mouth rinses containing alcohol for at least one week after the procedure.
3. Eat any nourishing food that can be taken with comfort (unless otherwise instructed). You may use straws to drink liquids. Gradually increase your diet to more solid foods as tolerated.
4. Do not pick at or remove any sutures that may have been placed.
5. A small amount of bleeding is normal the first 24 hours after surgery.
6. You may take an over the counter pain reliever (Aleve, Tylenol, Advil etc…) if needed. Please follow package instructions for dosing.
    - For more severe pain, take prescription strength pain pills (if not provided at your surgery appointment, call our office). Directions for taking prescription pain pills are included with medication packaging. Do not take Tylenol (acetaminophen) if you are also taking a prescribed pain pill.
7. Do not smoke for at least 72 hours after surgery. Smoking is detrimental to the normal healing process.
8. Unless instructed otherwise, you should make an appointment to come back to the office 10-14 days after surgery to discuss your results, remove sutures, and check healing. This appointment takes 10-15 minutes.
9. If you have any questions about you progress or any symptoms you are experiencing, please call our office