



Dr V Escobar

Oral Maxillofacial Surgery
Dental Implant Center

PATIENT AFTER CARE INSTRUCTIONS FOLLOWING ORAL BIOPSY

1. Keep gauze in place for 60 minutes if one is placed following surgery. If bleeding becomes excessive or does not seem to be clotting, please call the office for further instruction.
2. To minimize swelling, you may apply ice packs to the outside of face (15 minutes on, 15 minutes off) for the first 24 hours only. Applying ice after 24 hours can result in more swelling. Try to keep your head elevated by resting in a recliner or by placing several pillows behind your head. This will also help to minimize swelling.
3. It is best to remain on a soft diet for at least one week following your procedure. Dairy products should be avoided during the first 24 hours to reduce the risk of bacterial growth and possibility of infection.
4. It is very important to maintain good oral hygiene and start brushing your teeth the day of your surgery. Please avoid any mouthwash such as Listerine, Scope, etc. for one week, unless prescribed by the doctor. They can irritate the surgical site and dissolve sutures too soon. After the first 24 hours, you can start rinsing your mouth with warm salt water after meals. It should consist of $\frac{1}{4}$ teaspoon of salt in an eight-oz. glass of water.
5. Smoking is strongly prohibited for the week following your surgery. If you believe that you're unable to do this, please discuss with the doctor.
6. If sutures were placed, you will be informed if they will dissolve or will need to be removed in the office.
7. Prescriptions following oral surgery should be filled as soon as possible to avoid unnecessary discomfort.
 - Pain medication should be taken before the anesthesia wears off. It should be taken with food and only as directed.
 - Take antibiotics as directed until the medication is gone. To avoid stomach upset, take with food and at least $\frac{1}{2}$ hour from taking pain medication.
 - If you experience an adverse reaction to any of the medications prescribed, stop taking the medicine and call the office.
 - Regular medication should be taken as directed unless otherwise specified by the doctor.
 - If you were prescribed **Viscous Lidocaine**, it can be used as a rinse or it can be applied with a cotton tipped swab to the affected area. This will numb the area and help with controlling the pain. **Do not** drink or eat for one hour after using the rinse in order to keep it from washing away.
 - You may also be prescribed **Peridex** (this is a rinse that will help in the healing process).
8. A follow-up appointment will be required in order to discuss biopsy results and your healing progress.

Please do not hesitate to contact our office at any time with any additional questions or concerns following your procedure.