

Instructions Following Biopsy
Daleyoms.com

After your procedure please do not disturb the area. Avoid forcefully rinsing or spitting. Do not drink through a straw.

Some bleeding is normal for the first 24 hours. Biting on a gauze pad placed directly on the wound for 30 minutes will help reduce bleeding. If bleeding continues please call our office. Please **take all medications, including mouth rinses, as prescribed.**

After 24 hours, warm salt water rinses (one teaspoon of salt in a cup of warm water) can be used 4-5 times a day after meals. After 24 hours, brush your teeth with a soft manual toothbrush. Be gentle with brushing the surgical areas.

Sutures may be placed after the surgery and most sutures dissolve on their own. Some biopsies require a LASER in order to control bleeding. If this is the case, most likely you do not have a stitch and it is imperative you refrain from rubbing or manipulating the surgical site in anyway to avoid re-bleeding

Swelling and bruising may occur. The use of ice packs following your surgery will help diminish the swelling you may experience in the first 48-72 hours following surgery. Applying ice for 15-20 minutes followed by resting the same amount of time works very well. After 24 hours if swelling is still present, a warm pack can be applied to aid in comfort and reduce swelling and bruising. Alternate the warm pack on and off in 15 minute intervals, as needed.

Drink plenty of fluids. Stay away from spicy foods. Also avoid sharp and crunchy foods like tacos, chips and nuts. Tobacco and alcohol should not be used 24 hours following surgery. Alcohol should not be used in combination with pain medications nor antibiotics.

Keep physical activities to a minimum immediately following surgery.

During office hours, immediate attention will be given to your situation, and you will be seen as soon as possible. After office hours, please give the office call and follow the instructions provided. Your call will be returned as soon as possible. If you are experiencing a serious or life threatening emergency, please call 911 or visit the nearest emergency room.

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