

## Post-Operative Instructions for Oral lesion biopsy

- OTOLOGY
- ADULT & PEDIATRIC OTOLARYNGOLOGY
- VOICE DISORDERS
- HEAD & NECK SURGERY
- SNORING & OBSTRUCTIVE SLEEP APNEA SURGERY
- SWALLOWING DISORDERS
- ALLERGY

### Most Common Reasons for Biopsy

To rule out carcinoma or autoimmune condition

**Preoperative Care:** No aspirin, ibuprofen (Advil, Motrin, Pediaprofen), Naprosyn (Aleve), or Peptobismol for one week before or one week after surgery. Acetaminophen (Tylenol, Panadol) may be given as well as over-the-counter cold medications and antibiotics. Please notify your doctor if there is any family history of bleeding tendencies or easy bruising.

**Postoperative Care:** It takes most patients 7 - 10 days to recover from surgery. Some individuals feel better in just a few days, and some take as many as 2-3 weeks to recover. A small amount of blood-tinge is to be expected. Occasionally, if sutures are placed, they fall out on their own and the tissue beneath is exposed. This is normal and should not cause alarm. The tissue may initially be black from the cautery and then turn white.

**a. Drinking:** The most important part of recovery is to drink plenty of fluids. Some patients are reluctant to drink because of pain. Offer and encourage fluids frequently such as water, popsicles, Jell-O, pudding, yogurt and ice cream. Avoid citrus fruits and juices (orange juice, etc.) because they contain citric acid and can be uncomfortable to drink. Carbonation from soft drinks may also be uncomfortable.

**b. Eating:** Take a liquid diet for the first meal after surgery. Then, it is best to avoid hard foods after surgery for 48 hours, no hard, hot, crunchy or sharp-edged foods (i.e. potato chips, nachos, popcorn, etc.). Be sure to rinse your mouth with water after every oral intake. It is ok to brush your teeth. Be mindful of the surgical area when brushing.

**c. Fever:** A low-grade fever is normal for several days after surgery. Please call the office if the temperature is over 102°F.

**d. Activity:** Most patients rest at home the day after surgery. Activity may be increased, as the patient desires. Generally, children may return to school and adults may return to work when they are eating and drinking normally, off pain medication, and sleeping through the night. This is usually within 24 hours after the procedure. No gym class, sports, or heavy activity should be undertaken for one week. Sleep with your head slightly elevated. Use ice as needed for pain 20 minutes on / 20 minutes off. Should bleeding occur, hold pressure for 10 minutes and place an ice cube in the area.

e. Pain: Tylenol should be adequate for pain. Prescriptions for narcotic pain medications are not given over the phone after hours.

**f. Notify the office:** If you have extensive swelling of the biopsy area, high fever as above or excessive bleeding.