

BIOPSY POST-OPERATIVE INSTRUCTIONS:

If your specimen was sent to the pathology lab, it may take approximately 2-3 weeks after your procedure to receive the results. You may also receive a separate bill for the lab fees. Call AOFS in approximately 3 weeks if you have not heard back with your results.

- Stay away from foods that are spicy, citrusy, and that are hot in temperature. This may increase tissue irritation while the site is healing.
- Stay away from small seeds, nuts, chips, and popcorn kernels as these may also irritate the site and delay the healing process. Eat softer foods that will not create any tension on the sutures, if they were placed, as this may cause them to get pulled out.
- If sutures were placed, most likely they are resorbable and will come out on their own. If they are non-resorbable, we will schedule you a post-operative appointment to return to the clinic to have them removed at a later date.
- Start the evening of your surgery using warm and gentle salt water rinses. Continue repeating 3-4 times a day for the next few days following your surgery, but only if the biopsy site was inside your mouth. This will help reduce the risk of an infection occurring at the site.
- If the biopsy was performed outside your mouth, you may place bacitracin over the site to aid in healing and reduce scarring. Use cool water and soap to help keep it clean.
- If you need to take pain medication, you may alternate 400-600mg Ibuprofen and 500mg Tylenol every 4-6 hours as needed for pain. (Do NOT exceed 2400mg of Ibuprofen per day and do NOT exceed 2000mg Tylenol per day!).

We are available and happy to answer any questions that you may have during regular business hours, but if you have an emergent question after business hours, we do have an after-hours call service that will direct you with the on-call doctor. This is simply our office phone number (907) 222-5052. If you feel that you are having a life-threatening emergency, please call 911 immediately for assistance.

Phone 907.222.5052 | **Fax** 907.222.5051

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