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BIOPSY

Bleeding

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. If bleeding does not subside, call for further instructions.

Swelling

The swelling that is normally expected is usually proportional to the surgery involved. Swelling is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following surgery and will not reach its maximum until two to three days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. An ice pack should be applied to the side of the face where surgery was performed. The ice packs should be used at 20 minute intervals (20 minutes on and 20 minutes off).

Biopsy on your LIP: It is not uncommon for the lip to swell. Apply ice as much as possible the first 48 hours after surgery. Make sure you lubricate your lips with Vaseline to prevent cracking post-operatively. Sometimes the sutures pop out too soon, however, unless there is excessive bleeding, this should not be a concern.

Biopsy on your TONGUE: It is not uncommon for the tongue to swell. We recommend holding crushed ice or ice water in your mouth over the area of surgery as much as possible the first 48 hours after surgery—the cold liquids will soothe the surgical site. Sometimes the sutures pop out too soon, however, unless there is excessive bleeding, this should not be a concern.

Medications

For any pain after surgery, for **adults** we suggest starting with 600mg of Ibuprofen (Advil®, Motrin®) *plus* 500mg of Acetaminophen (Tylenol® extra strength) taken together every 4–6 hours as needed. For **adults weighing under 100 lbs.**, the dosage of Tylenol® extra strength should be adjusted to 5mg/lb.—For example: A 90-lb. adult should take no more than 450mg of Tylenol® (5mg x 90-lbs.=450mg) every 4-6 hours, and less depending on weight. For Advil®, the suggested dose under 100 lbs. is 200-400mg every 4-6 hours. For **children under the age of 12**, we suggest starting with Children's Ibuprofen (Children's Advil®, Children's Motrin®) *plus* Children's Acetaminophen (Children's Tylenol®) taken as directed on the packaging every 4-6 hours as needed. This combination is all that may be necessary to relieve pain. If Dr. Moriconi prescribes a narcotic pain medicine, it is important to follow the instructions on the label for taking it, and generally not on an empty stomach. If antibiotics are prescribed, it is very important to finish the entire course of treatment even if pain and/or swelling are gone.

Diet

Drink plenty of fluids. Do not use a straw. Avoid hot and/or spicy liquids or foods. Keep your diet soft the day of surgery—yogurt, pudding, applesauce, ice cream, mashed potatoes, Ensure® and/or Boost® liquid meals. The next day, you can resume your normal diet if healing allows, just avoid chewing in the area of the surgical site. Avoid hard or crunchy foods such as chips and pretzels. Also avoid foods that have seeds and skins.

Oral Hygiene

The day of surgery, do not brush your teeth, do not rinse your mouth or spit, do not smoke, and do not use a straw. The day after surgery, you may brush your teeth, being careful of the surgical site, and begin using warm salty water in that area. Continue with warm salty water three or four times a day for five to seven days. This will help keep the area clean and promote faster healing.

Activity

Avoid any exercise or strenuous activity following your surgery. If you lie down, please keep your head elevated.

Sutures

At times, sutures are placed in the area of surgery to minimize post-operative bleeding and to help healing. If you have sutures, you may need to setup a post-operative appointment to have them removed if they are not dissolvable.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you. If you have questions about progress, call the office at 215-884-8263. If you need to speak with a doctor and the office is closed, follow the instructions that will be provided on the recording. If you have an emergency and the office is closed, call 911 or proceed to the nearest hospital emergency room.